Vancouver metro

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Vancouver metro

Your essential daily news | WEEKEND APRIL 21-23, 2017 | Metro Special Edition

Take action
EARTH DAY 2017

GUEST EDITOR
DAVID MILLER OF WWF-CANADA

ON HOW TO MAKE A DIFFERENCE

The orcas of the Salish Sea are an endangered population that live off B.C.'s coast.
PHOTOS TAKEN UNDER FEDERAL PERMITS
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PERSONAL ACTION
THAT FLEECE YOU'RE WEARING IS HARMING THE OCEANS

COMMUNITY ACTION
MEET THE STREAM KEEPERS

GOVERNMENT ACTION
ORCAS ON THE BRINK UNLESS WE ACT

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Take action EARTH DAY EDITION

Daesh claims responsibility for Champs Elysees attack. **World**

‘We are all wildlife’

Welcome to this special edition in honour of Earth Day. Metro is delighted to have David Miller, president and CEO of World Wildlife Fund-Canada, as our guest editor for today’s ambitious and important paper.

Mr. Miller spent the day at Metro Vancouver, galvanizing our reporters and editors around the environmental imperative that is right now. His mantra, as he pressed for urgency in all of our reporting, was “Why should people care? That’s what we need to show readers.”

The result is this issue you hold in your hands. It tackles upsetting issues, like Wanyee Li’s feature on the imminent threat to our iconic orcas in the Salish Sea. And it makes the environment personal, too: Matt Kieltyka’s examination of how microplastics are clogging the ocean starts with what we need to do about our beloved fleece jackets.

But it’s not all doom. Far from it. David Miller is a great optimist, as are we at Metro. Together, we wanted this edition to be about hope and action. Please enjoy it — and then do something this weekend to make our wonderful city even better.

David Miller, CEO of World Wildlife Fund-Canada, works with Metro staff in Vancouver on our special Earth Day edition. PHOTOS: JENNIFER GAUTHIER, DAVID P. BALL/METRO

The world is on track to lose more than two-thirds of all wildlife populations by 2020. But with concerted action from governments, communities and individuals, we can reverse this decline.

David Miller
GUEST EDITOR
For Metro

As global temperature records are set, glaciers retreat and iconic wildlife populations decline, it’s easy to think we can’t make a difference. The challenges we face here in Vancouver, across Canada and around the world are real, but the solutions are within our grasp. To achieve them, however, will need all of us: Governments, communities and individuals. And you’ll see that even the smallest actions can have surprising impacts.

One of my favourite examples began with one person’s belief in the value of wildlife and a commitment to act, to be more than a bystander.

The chain of events started in the fall when a facilities manager at a suburban college campus discovered a nest of eggs near a bridge scheduled for construction. They turned out to be snapping turtles, an at-risk species.

Populations of freshwater species such as turtles and other aquatic life have declined by 81 per cent globally since 1970, WWF’s latest Living Planet Report shows. Land-based populations have experienced a 38 per cent decline. Ocean populations dropped by 36 per cent. We have lost, on average, 58 per cent of all wildlife populations since 1970 and unless we act quickly, we risk losing more than 67 per cent by 2020. That’s more than two-thirds gone in one human lifetime.

Those are astounding figures that demand concerted action from governments and independent actions from individuals — individuals like the college facilities manager.

His attention and caring set in motion a series of actions that led to the rescue of those eggs. They were hatched at a turtle rescue centre, nurtured through the winter, and the 15 turtles were returned to the wild last summer.

Stories like this unfold all across Canada. They speak to how deeply Canadians connect with nature, including in the heart of Vancouver.

Nature and wildlife are right here in the city. The drainpipe of your home and the storm sewers collecting rainwater from your street are part of a freshwater ecosystem. Your yard, balcony and local parks are habitat. The buried streams that run beneath the city were once nurseries for the salmon that used to help feed the now-endangered orcas of the Salish Sea. The skies over the city are part of the Pacific Flyway, a route followed by thousands of birds on their migratory journeys.

The actions we make collectively and as individuals have impacts on other organisms near and far, because we are all wildlife.

Earth Day on Saturday is a reminder that we need to do more to protect our planet. Read the stories in today’s Metro to learn about what can be done, from the clothes you wear to how we can bring the orcas of the Salish Sea back from the brink of extinction.

Our individual actions can add up. Like with the rescued eggs, they set in motion a series of events with affirming and inspirational impacts.

David Miller is the president and CEO of World Wildlife Fund-Canada

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'We know what we have to do'

Only 78 iconic Salish Sea orcas remain. But they face extinction if the government doesn't improve their habitat and restore the salmon stocks they need to survive.

Wanyee Li
Metro | Vancouver

Last year was not a good year for the whales.

Seven members of the Salish Sea orca population, including two breeding-age females, two breeding-age males, two calves and one elder died in 2016.

Researchers say that with only 78 orcas left, that death rate is not sustainable.

The whales are declining for a variety of reasons ranging from infection, starvation and conflict with large ships, both head-on and from the noise pollution they emit.

The good news is the orcas off B.C.'s coast are among the most studied marine mammals in the world. Scientists say they know how to save them.

"This is the saddest part. We know what to do to save these animals. The problem is whether we will find the political will to do something about it," said Deborah Giles, a scientist at the Center for Whale Research in Washington State.

"If we do it fast enough, then yes, I think this population can rebound."

The Salish Sea orcas, also called the southern resident killer whales, are a distinct group of orcas that have their own culture, language and genealogy. They survived the 1960s and 70s, when about 50 of them were either captured or killed, but the iconic population is now facing a no-less-dangerous situation.

The endangered whales are swimming in a toxic soup that makes it harder for them to find the little prey that remains, all the while having to dodge oil tankers. Tanker traffic in the Salish Sea is forecast to increase seven fold after Kinder Morgan expands its pipeline through Burnaby in 2019.

Researchers agree this combination of threats, if not addressed, is enough to choke the iconic animals until there are not enough whales to keep the population alive.

"It's like a death by a thousand cuts," said Giles.

She and her team are responsible for taking a bi-annual census of the Salish Sea orca population, and both Canadian and American governments rely on that data for their records.

The Canadian government announced its intention to help preserve the northern and southern resident killer whale population in 2011 and committed to an action plan in 2017 that includes 98 possible measures.

But wildlife advocates describe the plan as a commitment to do something, rather than actually doing something.

"World Wildlife Fund-Canada was disappointed in this action plan from the government," said Kim Dunn, an oceans specialist with the non-profit.

"What it needs is specific, immediate and measurable action to address the threats to this population."

> **What it needs is specific, immediate and measurable action to address the threats to this population.** Kim Dunn

Twenty scientists from around the world penned an open letter to the Canadian government last week, calling for a reduction of underwater noise in the Salish Sea by three decibels in 10 years.

The Minister of Fisheries and Oceans was not available for an interview.

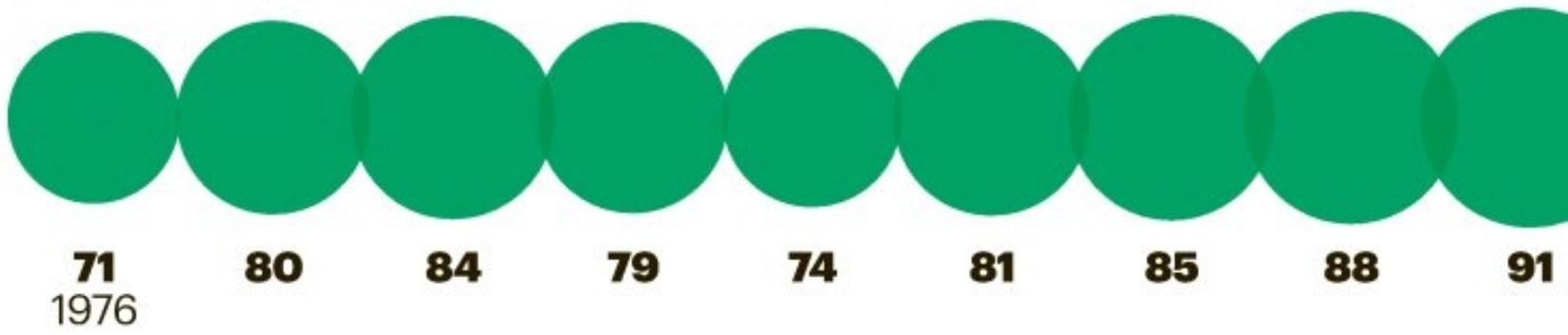
Those kind of concrete measures would help the Salish Sea orcas because ship noise masks the animals' calls to each other as well as the sounds they make to hunt for food.

Taking even that one small

IN NUMBERS

A LIFETIME OF ORCAS

This graphic shows the Salish Sea orca population since 1976, including the seven deaths last year.



This family of orcas of the Salish Sea are part of an endangered population that lives off the coast of British Columbia.
PHOTOS TAKEN UNDER FEDERAL PERMITS NMFS PERMIT: 15569/DFO SARA 388

WHAT IS A SOUTHERN RESIDENT KILLER WHALE?

Killer whales, also known as orcas, live in all of the world's oceans, but their diet, language and culture differ enough that scientists split them into distinct populations.

The endangered southern resident killer whale population live in the Salish Sea, off the B.C. and Washington coast, and are made up of three family groups — J, K and L pods — with a total of 78 members, as of April 2017. Unlike most orcas, they eat fish — mostly Chinook salmon. But like all orca populations, the southern residents have their own distinct language, composed of clicks and squeals. The threatened northern resident killer whales, which also eat fish but live as far north as Alaska, speak their own version.

Deborah Giles, a researcher from the Whale Research Centre in Washington State, says those two languages are like dialects, as different as Mandarin is from Cantonese.

MAPPED TRAIL OF GIANTS

This map shows the habitat of the orcas of the Salish Sea in the waters off Vancouver.

COURTESY WWF-CANADA

step would show meaningful conservation efforts are within reach, said Dunn.

"I think there are a lot of smart people working in industry, government and in the environment sector as well as a whole lot of scientists who can bring solutions to this problem that will work for the southern residents," she said.

"I don't think it's impossible."

Dunn says noise pollution is among the biggest threats to the whales.

The whales traditionally spend a lot of time in the Salish Sea, described as the waters between the southern tip of Vancouver Island and B.C., as well as along the Washington coast. With the promise of more tankers coming into the area to ship crude oil from B.C. to the world, the water will become too noisy for the normally chatty whales, said Dunn.

"There is noise that could be coming from port activity. There are also things coming from shore that can create noise," she said.

"It all combines to create a noisy environment that makes it harder for the whales to do what they need to do to survive."

WWF-Canada is working with industry such as the Port of Vancouver to reduce underwater noise.

In 2017, the Port of Vancouver started offering vessels up to 47 per cent off on harbour fees if they have new quieting technol- o g y installed.

"We agree as a port authority that the southern resident killer whale population needs to be protected. That's why we have these initiatives," said Orla Robinson, manager of the port's Enhancing Cetacean Habitat and Observation program.

The port also installed an underwater listening station in 2015 to monitor noise levels in the harbour and has so far collected the acoustic signature of 2,700 vessels.

Robinson says eventually vessels will be ranked according to how much underwater noise they make, and the port can create more incentives for quieter ships.

The port accepts about nine ships a day and forecasts that to increase to 12 a day by 2026.

The hope is companies will voluntarily upgrade their vessels and crews will slow down to reduce the noise they make.

But Giles says even the quietest ocean will not be enough if the whales cannot fulfill their most basic need: food.

The southern resident killer whales are picky eaters, with chinook salmon making up about 90 per cent of their diet, said Giles, who analyzes whale scat to monitor their health.

Researchers can tell there isn't enough because the population's mammal-eating cousins — called transient orcas — are plump compared to the southern residents.

Giles and her co-workers at the Center for Whale Research are also responsible for a census on the transient population that ply the same waters as the endangered southern residents.

"The transients look like sausages compared to our skinny little sardine southern resident killer whales," she said.

"These whales are in a constant state of starvation."

But eating daily is more important than just keeping hunger pangs away, said Giles.

Mammals store toxins in their fat, and it does little harm unless the animals don't have enough to eat, she explained. Starving whales metabolize the fat to survive, releasing toxins into their body and effectively making them sick.

She calls this a "synergistic impact," in which multiple factors combine to make things much worse for the animals.

Protecting salmon stocks for the southern resident killer whales would help them in two ways, said Giles. Larger salmon runs will sustain enough whales to maintain healthy family lines — in other words, prevent inbreeding — and it will keep the ingested toxins, such as pesticides and flame retardants, locked up in the whales' blubber.

Canada's department of fisheries and oceans is working with its American counterpart to ensure chinook salmon is available for the orcas, said Sheila Thornton, lead planner for the Canadian government's efforts to save B.C.'s orcas.

"We're looking specifically at key foraging areas critical to the southern killer whale and overlaying those areas with data on fishing openings and recreational and First Nations fisheries to identify those pressures where the overlaps are occurring."

The government can use various fishery-management tools, including altering fishing seasons and boundaries to accommodate the whales' foraging habits, said Thornton.

The Canadian government also recently committed to ensuing new industrial development will not increase underwater noise in the Salish Sea.

People in the local tourism industry are crossing their fingers the orcas can be saved.

"Definitely killer whales have been very important, and we get people from everywhere in the world," said Cedric Towers, owner of Vancouver Whale Watching.

Just pick up any tourism brochure; orcas are often prominently featured, he said.

"People come here specifically to see whales. They come to Vancouver."

Extinction would be "devastating" to the industry, said Towers, who has been taking people out on the water to see the orcas for the past 19 years. Many whale-watching companies follow research guidelines that dictate boats must stay at least 100 metres away from cetaceans.

"It would be a real slap in the face for people of the Pacific Northwest to see we haven't been able to maintain this resource."

The science shows governments have a small window of time to act if they want to save the orcas, said Giles.

"Do we have the political will to make the hard decisions? I don't think so," she said.

"In that regard, yes, this population is doomed."

HOW DID B.C.'S ORCA PODS GET THEIR NAMES?

Canadian orca researcher Mike Bigg made the decision to name the fish-eating family groups alphabetically in 1975.

"Mike Bigg up north started naming them A pod and B pod and C pod all the way down to the southern Vancouver area. By the time they got down here, we were talking about J pod, K pod and L pod," said Deborah Giles, a researcher with the Whale Research Center in Washington State. Members within each pod are given a number. The smaller the number, the older they are.

2016 deaths

1. **J55**, calf, died a few days after it was born
2. **L95**, breeding age male, died from a fungal infection from a research satellite tag
3. **J14**, breeding age female, cause of death unknown
4. **J34**, breeding age male, believed struck by a boat
5. **J2** aka 'Granny', believed to be at least 80 years old
6. **J28**, breeding age female, believed to have starved
7. **J54** was J28's calf, died when its mother perished

METRO *take action*

Want to help? Write a letter to Minister of Fisheries and Oceans Dominic LeBlanc urging him to do more to save B.C.'s endangered orcas.

5 THINGS BRINGING WILDLIFE BACK TO THE CITY

The Vancouver Park Board biodiversity strategy is starting to take root, one year after the wide-ranging plan was approved to bring wildlife back to the city. "There's a social aspect to nature in the city — people want to be able to experience it as part of their daily lives," said Nick Page, a biologist with the park board. Here are five projects or goals the park board is working on right now to bring the wild back to Vancouver. **JEN ST. DENIS** METRO

METRO *take action*

Plant native species and pollinators for a bee-friendly garden, with a wide range of flowering plants that will provide blooms from early spring right through the growing season into fall. Not only will the bees visit, it will attract birds and butterflies as well. For tips, visit feedthebees.org.

1 Salt marsh restoration in Brighton Park

Vancouver has drastically altered its shoreline to make more space for industry and housing. But in New Brighton Park on Burrard Inlet, Port Metro Vancouver and the park board are working to remove fill that was placed there in the 1960s and restore a tidal salt marsh. The aim is to restore a habitat that once supported clam beds, juvenile salmon and shore birds.

Nick Page stands in New Brighton park on Apr. 20 JENNIFER GAUTHIER/METRO

JENNIFER GAUTHIER/METRO

4 Wildlife corridors

To thrive, wildlife needs to be able to move around the city, Page said. So finding ways to make corridors through the city — like the still-under-design Arbutus Greenway — is also an important part of the strategy.

COURTESY MARK WHITE

5 Return of the wild

One way to measure the success of biodiversity efforts is when animals come back to areas they left decades ago. Beavers are a common sight in Stanley Park — but recently they returned to Charleson Park in south False Creek. Page would like to see the return of smaller predators such as the American marten because that would signal the ecosystem is healthy enough to support the full food chain. He acknowledges humans and animals can come into conflict in the city. But "I think we can co-exist. Our alternatives are much more difficult and probably unsuccessful in terms of trying to manage or remove (animals)."

AARON HARRIS/TORSTAR NEWS SERVICE

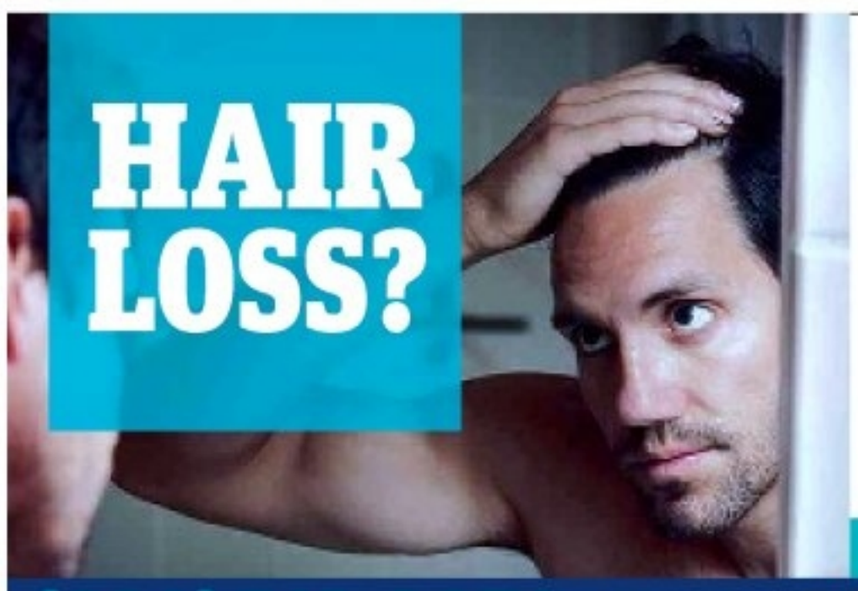
2 Native plants instead of invasive species

In the 1940s and '50s, Everett Crowley Park in Vancouver's Killarney neighbourhood was a city dump. Today, the park board is removing invasive species such as Himalayan blackberry, knapweed and Japanese knotweed that have flourished — but make it tough for native species to grow. Restoring native plants creates a more welcoming home for native B.C. wildlife such as squirrels, woodpeckers and owls.

3 Buried streams brought back

Work is underway to reintroduce a creek back to New Brighton Park, terminating in the salt marsh. That waterway is proposed to extend through Hastings Park along with a restored wetland. Tatlow Park in Kitsilano, where a stream once flowed, is another site the park board is considering. Bringing streams out into the open instead of flowing through pipes is actually cheaper and keeps the water cleaner, Page said.

ILLUSTRATION PAUL SANGHA



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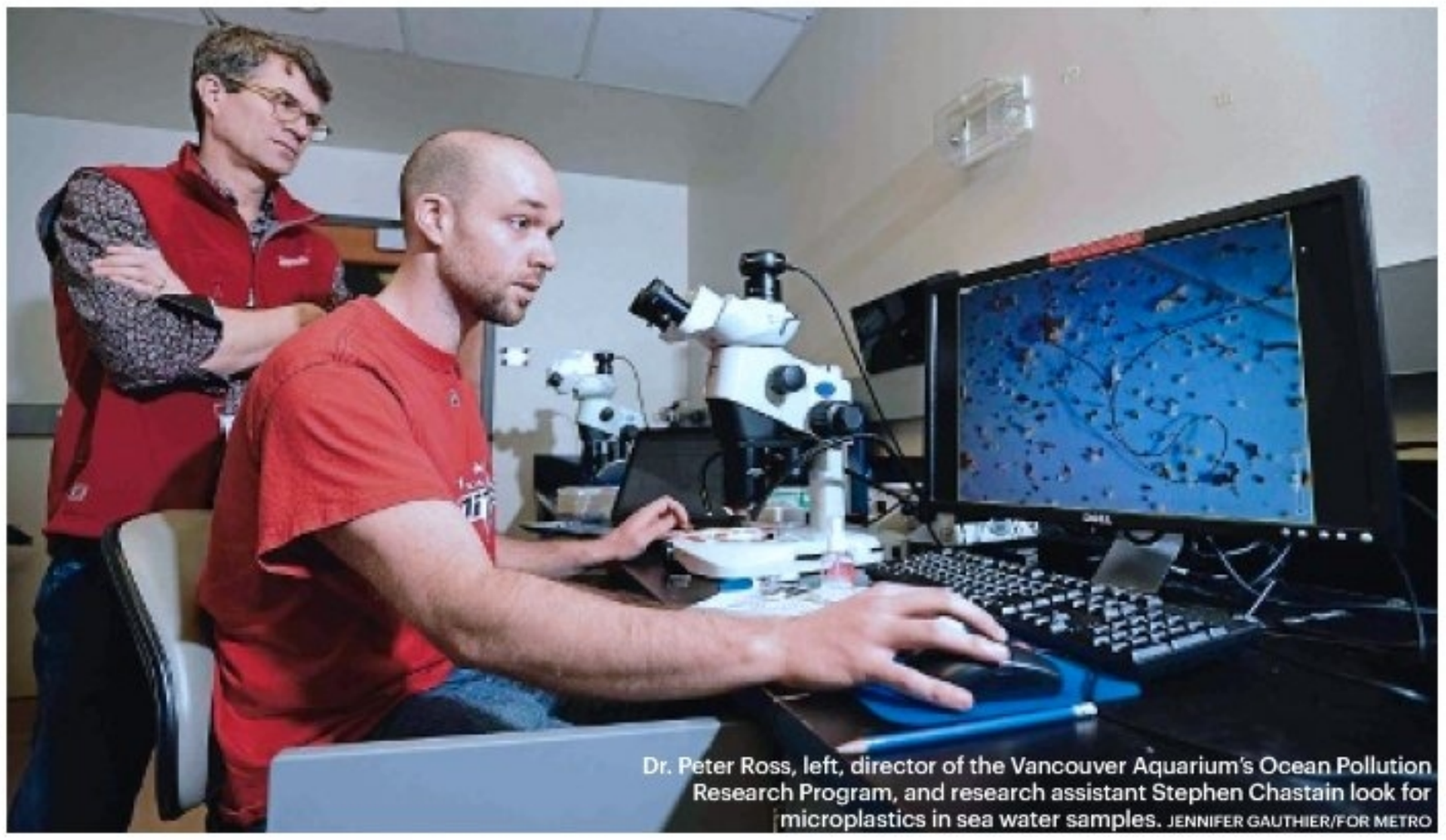
A Vancouver Aquarium researcher is leading a study into how your laundry sheds tons of microfibres into our waters



Dr. Peter Ross, left, director of the Vancouver Aquarium's Ocean Pollution Research Program, and research assistant Stephen Chastain look for microplastics in sea water samples. JENNIFER GAUTHIER/FOR METRO

Matt Kieltyka
Metro | Edmonton

So you divert recyclables and organics from the landfill, bring reusable shopping bags to the grocery store and have phased out cleaning products with harmful chemicals in them. Think you've cut out the most harmful environmental practices in your green-conscious home? Think again.

Vancouver Aquarium researcher Dr. Peter Ross is at the forefront of studying one of the lesser known but most prevalent ocean pollutants today, and the source may surprise you.

"There's kind of a smoking gun, if you will, that suggests clothing and textiles through laundry and waste water is releasing large quantities of fibres into coastal waters," said Ross, the director of the Ocean Pollution Research Program at the aquarium's Coastal Ocean Research Institute. "It's really a pollutant like nothing I've worked on before. With other pollutants, you can take a sample from the environment and say I found 'X' concentration of mercury. In this case, there's an infinite number of permutations in terms of shape, size, density, colour, additives and etcetera. It's a very different world of ocean pollution."

Synthetic fibres — like the polyester found in fleece jackets — make up as much as 80 per cent of the microplastics in oceans, though it's not known exactly how much derives from clothing, according to Ross.

Samples taken from the Strait of Georgia show an average of 3,200 particles of microplastics per cubic metre of seawater, which are then ingested by zooplankton and fish at the bottom of the food chain.

Accumulations of microplastics have been found in the intestinal tracts of fish, birds and other marine animals, severely impacting their nutrition and health.

Washing a single item of clothing can release between 10,000 and 400,000 microfibres per cycle as it degrades over time and shreds in the laundry.

While the public is largely unaware of the issue, industry has taken notice.

In March, Ross partnered with Mountain Equipment Co-op (MEC) to research the presence of polyester, nylon and acrylic fibres in the ocean and trace them back to the source.

MEC chief product officer Jeff Crook says the outfitter has been concerned about microfibres for several years, but the industry has more questions than answers at the moment.

"When I'm around industry people, this is definitely bubbling up as a topic. 'Do you know how much fleece sheds?' 'Does that kind of fleece shed more than that one?'" said Crook. "Everyone is sort of lit up on the issue, but there are a lot of questions. Which is why our research with the aquarium, for us, is so important, because we get hard data that helps us map a course on how we proceed and make the situation better. This is one of those areas where we can make a difference."

Ross is also working with the Metro Vancouver and Capital regional districts to see how wastewater treatment and filtration can be improved.

Attention to the issue has "really exploded" over the last five years, he said.

"This is a really interesting part of the research we're doing because we're talking to groups and stakeholders, people from different sectors and industries, and without exemption we're running into concerns," said Ross. "There are schoolchildren asking us what can be done, there are homeowners asking us that question, and Metro Vancouver and the Capital Regional District are wondering the same thing, as is industry. It's getting into the global consciousness of politicians."

That work involves looking at every step of a microfibre's journey, from washing machine to ocean. The first step is to use industrial-grade washing machines to find out how much fibre certain types of garments shed. Then the team studies how many of those fibres get past the water treatment system.

Finally, the team collects seawater samples from dozens of stations along the West Coast and takes those back to the lab in Vancouver. Researchers then study the samples under microscopes, identifying and documenting how many microfibres are found in the ocean.

At each step, individual fibres are extracted and run through the same kind of scanner used by forensic investigators — to pinpoint the source of paint chips and other evidence at crime scenes — to positively identify the material and see how the fibres have changed structurally along the way.

"We want to know if that changes along the life course of a product," said Ross.

With a better understanding of microfibres and buy-in from industry and government, Ross hopes "we can help turn off the tap" on this increasing source of pollution.

Plus: Marine biologist hopes to inspire new generation of environment champions **P. 10**

METRO *take action*

Avoid unnecessary laundry. Remember that clothing doesn't need to be washed every time it's worn. Conserve water by waiting until there is a big load that needs washing.

Look into aftermarket solutions. There are special filters available that promise to capture microfibres in washer effluent. A cheaper alternative is a product like the Guppy Friend, a washing bag for synthetic clothing.

Look for clothing with organic fibres, which are more likely to break down in the environment and are less harmful to wildlife. If that's not possible, buy the highest-quality clothing possible, as it will shed less.

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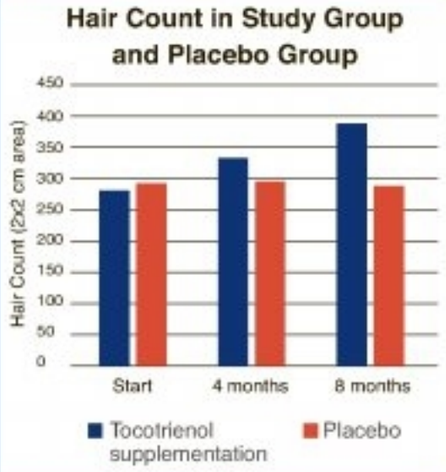
NEW natural ingredient produces 34% more hair in 8 months!

t is known that supplements can increase hair health and volume to some degree, but to find a supplement that can increase hair growth strongly is rare. Still, this is what scientist are finding when studying palm oil extracts.

A recent study was done at the University of Malaysia with 38 people suffering from hair loss (alopecia)*. They were told to take a palm oil extract containing a special ratio of "super-antioxidants" called tocotrienols, known to lower oxidation in the scalp and thus allow for better – and new - hair growth. The results were surprisingly good!

STUDY RESULT:

Researchers studied an area of the scalp equal to 2x2 cm and counted the hairs at the beginning of the study, at 4 months and at 8 months. At the end of the study, the participants on the tocotrienol supplement had gained 34.5% more hair or an increase in average hair count from 285 to 383 hairs. Most of the group showed increases of 10-25%, but 40% of the group had more than 50% increase in hair growth. And only one person did not have any results.



In Canada, this complex of tocotrienols is now available in the Health Canada licensed product called Hair Gro™ from New Nordic. Hair Gro is available now at participating pharmacies and health food stores. For more information or to purchase directly, please visit our website or call: 1-877-696-6734.

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*Tropical Life Sciences Research 2010 "Effects of Tocotrienol Supplementation on Hair Growth in Human Volunteers" Beoy, Woei et Hay, University Sains Malaysia. To make sure this product is right for you, always read the label and follow the instructions.

'There is something you can do about it'

ENVIRONMENT

Local marine biologist hopes to inspire a new generation

Matt Kieltyka
Metro | Edmonton

Marine biologist Elaine Leung educates kids about microplastics with her Sea Smart program. She also volunteers and runs the beach cleanups for the Surfrider Foundation.
JENNIFER GAUTHIER/FOR METRO

Doing something to protect oceans from a rising tide of risks seems daunting, but one Vancouver woman has made it her goal to harness the power of individual and community action.

Marine biologist Elaine Leung has spent 15 years researching endangered species around the world, only to see many of those animals go extinct during her career.

"I realized that conservation action doesn't always happen when you're talking to governments; the rate of change is just too slow," Leung told Metro. "I believe so strongly in the power of individual action to make positive change that I decided to focus on that."

Leung is a core volunteer for the Vancouver chapter of the Surfrider Foundation, helping organize monthly Great Canadian Shoreline Cleanup events and leading its microplastic awareness campaign.

She also started the Sea Smart program, which goes into public schools to teach children about ocean health.

Sea Smart also runs after-school programs and summer camps at the beach, reaching hundreds of students from Grade 1 to 4 every year.

Through these grassroots initiatives, Leung can reach a public that often doesn't know how laundry impacts the environment.

"I would say the vast majority of people are still not aware (of microfabric pollution). But we all know that it's just not possible to completely reduce all these synthetic fibres in our products," she said. "There are many ways to tackle this, and I often think the way forward is for everyone to work together, recognize that we all contribute to the problem and take ownership of the actions we can take to help."

Her most receptive audience tends to be her youngest.

"I tell kids there are all these different things affecting the oceans, but the good news is there is something you can do about it. It doesn't matter if you're six years old or an adult," she told Metro. "Parents tell me the kids go back home and are so excited to share what they've learned that they start teaching the parents."

One girl was so moved she asked family and friends to donate to whale conservation instead of buying her gifts on her birthday, Leung said.

"It's amazing how quickly these kids, once they're interested in the topic, can embrace it and become environmental champions," she said. "I always tell them, 'You guys are the hope for the future of our planet.' This is why our mission is to get kids excited about our oceans and environment. I see how much potential impact they can have."

METRO *take action*

The Great Canadian Shore Cleanup, a WWF-Canada and Vancouver Aquarium initiative, is the largest conservation-based cleanup program in the country. Thousands volunteer at hundreds of events throughout the year. To get involved, visit shorelinecleanup.ca.

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Charlene Aleck, manager of the Tsleil-Waututh Nation Sacred Trust and an elected councillor for the First Nation, stands in front of a solar energy array installed last year in the North Shore community directly across the Burrard Inlet from Kinder Morgan's Trans Mountain pipeline terminal.

CONTRIBUTED/TSLEIL-WAUTUTH NATION SACRED TRUST

North Shore First Nation charts a brighter course

POWER

Band ups 'energy sovereignty' with 160-panel solar facility

David P. Ball
Metro | Vancouver

The sun is about to rise on one local First Nation's renewable-energy ambitions thanks to a planned 160-panel solar power array it plans to install on a new government and health building under construction.

"It's been on our minds for quite a while to look at the energy we use," explained Charlene Aleck, manager of Tsleil-Waututh Nation Sacred Trust.

"This isn't new. We've been trying to be progressive and innovative for a long time, and wanted to look at different sources of energy and to invest in wind and solar. There are so many possible options for us."

As Aleck tells it, her community took an environmental stand long before it became one of the foremost opponents of the Kinder Morgan pipeline expansion, which was approved by the provincial government in January.

The small reserve sits directly across the Burrard Inlet from that pipeline's terminal, which will see oil tanker traffic increase seven-fold past their traditional territories.

"In our opposition, we've been looked upon as the 'forces of no' or the 'face of opposition,'" Aleck explained. "It makes us look anti-development — but that could not be further from the truth.

"All these initiatives – which we've had for years before the pipeline expansion proposal — amp up to our 'yes' agenda."

The First Nation already powers its daycare with a rotating solar array that efficiently follows the sun — a donation from the environmental organizations Greenpeace and 350.org last year. The nation is also a business partner in a Burnaby wind turbine manufacturer, has members involved in selling large-scale LED lighting, and is increasingly harvesting local food from community gardens.

She said they also reintroduced elk into their area, rehabilitated local salmon streams and have been trying in these ways to "pay respect back to our land."

Now, she said the band is in the final stages of significantly ramping up its nascent solar capacity — with the construction of a large new building to house its health clinic, several band-owned businesses and its government and administration.

The building's construction is currently underway — Aleck inspected the facility earlier this week — and with it, plans to install 47,000 kilowatt-hours of solar power generation.

The new project, set for completing this fall, has the support of a fundraising campaign started by the Great Climate Race, which began as an environmental run but is about to release a smartphone app to continue raising money for Tsleil-Waututh and one other solar project through people's regular exercise routines.

The initiative raised roughly $15,000 towards the project, but the whole initiative will likely cost between $100,000 to $150,000, said Great Climate Race co-founder Ben West.

"A lot of people think the solutions are far off in the future," he said. "But we actually have all the technology we need, it's cost effective, and we could be well on our way to transitioning.

"This project will play a role in helping demonstrate what's possible right now."

METRO *take action*

$100,000 The amount needed to install all 160 solar power panels on Tsleil-Waututh's new health and administration building, to be completed this fall.

Visit supportme.greatclimaterace.org/TWNsolar to contribute, or to get involved in Great Climate Race.

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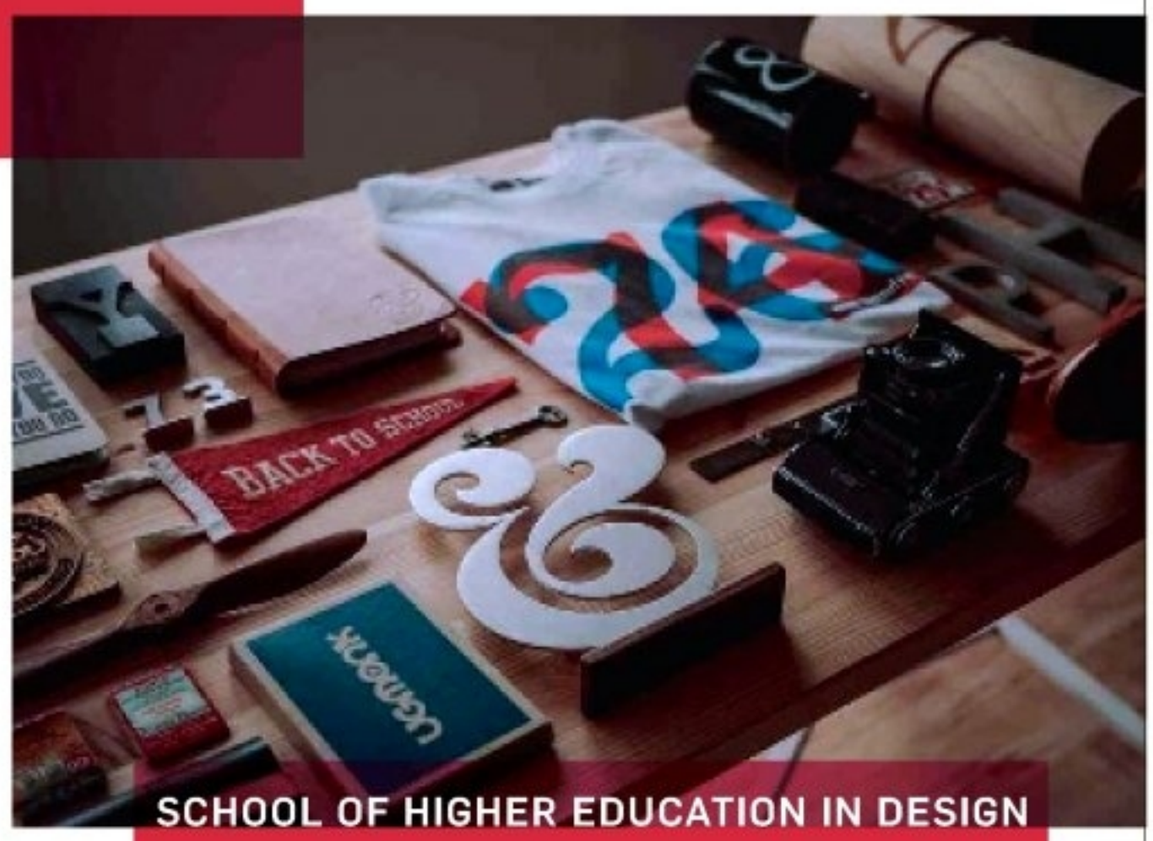

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Once-dead stream now revived

VOLUNTEERS

Yellow fish graffiti means water under it 'still needs love'

David P. Ball
Metro | Vancouver

You maybe have noticed some unusual graffiti tags popping up across Metro Vancouver: a single yellow fish painted beside street storm drains.

Those fish aren't the work of a new street artist, but a 24-year-old citizen program — engaging thousands of volunteers quietly watching over our region's waters, many of them underground or paved over but still persistently flowing. And hopefully, thanks to their painted tags, reminding people to care for what they dump into them.

"Streams need some love," quipped Zo Ann Morten, executive director of the Pacific Streamkeepers Federation and a volunteer streamkeeper herself. "They needed people to collect information on them, keep an eye on them, and watch for changes over time.

"They're the life-blood of our region, taking nutrients from one part of our watersheds to another and watering the plants."

But with the region's constant flux of construction, property development, roadworks, erosion and pollution — "humans have had such an impact on the landscape," Morten lamented — there are signs of hope, she said.

In coming weeks, the waterway advocate and North Vancouver resident revealed, one stream close to her heart will face a new challenge. It's a waterway that shares her own name: Morten Stream.

> **They're the life-blood of our region, taking nutrients from one part of our watersheds to another and watering the plants.**
> Zo Ann Morten

"It used to be a leachate ditch that took the poisoned water dumped at the landfill down to Lynn Creek," she explained. "We turned her into a fish-bearing stream, and we now have fish coming back into the system."

Those salmon, she said proudly, are essential to bringing large amounts of ocean nutrients into the region's watersheds, the large geographic catchment areas from which our cities get their drinking water supplies.

And what was once a ditch for dump toxins has become such a thriving fish habitat that last year they faced a new challenge. And it's largely thanks to another citizen-led, Fisheries and Oceans Canada-funded group that works in tandem with Streamkeepers: the Salmonid Enhancement Program.

A family of otters moved upstream, the parents teaching their young to fish in the revitalized waterway. Good news for nature, but not for preserving the carefully managed and still fragile fish population.

So the volunteers debated what to do, and installed tubes with mesh entryways just large enough for fish to enter, but not otters, known as "bafflers."

METRO *take action*

To get involved with the Pacific Streamkeepers Federation and its local volunteer efforts, visit www.pskf.ca.

"This is the first time we've actually had to try to confuse nature, because now we have a fair number of fish there," Morten said, adding with a laugh: "It will be this spring when we find out if the otters are actually baffled."

Modeled after a massively popular U.S. program, the B.C. streamkeepers are next year marking their 25th anniversary. Backed by Fisheries and Oceans, the program "set a new precedent as many B.C. citizens became vital, hands-on partners" in "cleaning up damaged streams" across the province, the department's website stated.

"Steams are quite predictable," Morten said when asked why she cares about them so much. "I like things you can predict. You can look back at a stream and see what happened, and understand what it will do."

In North Vancouver's Coho Creek on March 25, Pacific Streamkeepers Federation executive director Zo Ann Morten instructs volunteers on protocols for monitoring waterways.
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WWF-Canada's Go Wild grants aim to make a positive impact

Wanyee Li
Metro | Vancouver

Planting gardens for butterflies. Directing a play about rivers. These are examples of the broad range of ideas World Wildlife Fund Canada receives every year for its Go Wild grant program.

The non-profit is accepting applications for summer/fall projects until April 28, 2017.

It's all about empowering people to make a positive change to their local ecosystem, said program director, Sarah Winterton.

And there is a lot people can do in their own backyards.

"We have this concept of nature as being elsewhere, being far away from where we live, but that's not always the case," she said.

"I really like ideas that are about creating healthy spaces for all species in our urban areas."

With the support of a WWF Go Wild grant, one community used volunteers to identify and track healthy and diseased sea stars in B.C. MARIE-CHANTAL MARCHAND/WWF-CANADA

The grants are open to individuals, community groups, large non-profits and everyone in between. Winterton says impact is the most important thing her team looks for.

"Is it going to be positive for nature? But also, is it going to be effective in connecting people and engaging people?"

The grants range from $1,000 to $7,000, with support from TELUS.

Past successful applicants include citizen science projects to monitor water quality or create habitats for endangered species. But for those who are not science oriented, WWF-Canada encourages ideas that explore different ways we connect to nature and have a positive impact.

The Vancouver Aquarium, for instance, received a grant last fall to host five information panels about how to spot whales along B.C.'s coast and report them to authorities.

"We've had quite the range. We welcome all ideas," said Winterton.

WWF-Canada has run the program twice each year since 2015 and receives hundreds of applications every time, she said.

Grant money can go toward equipment, promotional, permit costs and more. Up to 50 per cent can also cover wages or overhead costs, according to the WWF-Canada website.

DETAILS

Grant amounts
Up to 25 grants at $1,000
Up to 10 grants at $3,000
Up to five grants at $5,000
Up to three grants at $7,000

Deadline
2 p.m. April 28th, 2017

Apply online
People interested in applying for a Go Wild grant can do so at wwf.ca/gowild

METRO *take action*

Vancouver parade
Annual youth-led celebration has live music, activities and art-making. Parade starts 1 p.m. at Commercial-Broadway Station; festival at Grandview Park until 5 p.m.

Surrey Party for the Planet
Billed as "B.C.'s largest Earth Day celebration," festival is at Surrey City Hall Plaza (13450 104th Ave.) from 10 a.m. to 7 p.m. Meet animals, see a bird of prey demonstration, or watch acrobats and musicians.

Wreck Beach cleanup
Pacific Spirit Park shoreline is an important ecosystem at entrance to Fraser River. Surfrider Foundation's cleanup volunteers will meet at 11 a.m. at the top of stairs to Wreck Beach, UBC (trail six, Northwest Marine Drive near University Boulevard)

Stanley Park celebration
From 11 a.m. to 3 p.m., Stanley Park Ecology Society invites families to enjoy "hands-on ecology," help restore and conserve nature and visit a great blue heron colony. Starts at Nature House on Lost Lagoon (712 Lost Lagoon Path).

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VANCOUVERING

with icons by **Danielle Vallée** from the noun project

Painting outside the lines of eco-activism

VANCOUVER TRENDING

Artists grow creations inspired by urban nature

Amy Logan
For Metro | Vancouver

On a hill behind a community college, a group of artisans harvest spring willow. From it, they weave living fences and intricate baskets. In Mount Pleasant, a master gardener tends delicate indigo seedlings; she will use the pigment to make a rich blue paint. All over the city, a Linen Growers Club offers participants a chance to grow their own small flax crop and spin linen.

Across Vancouver, people are incorporating nature into their artisanal practices.

A woman harvests natural art supplies at Trillium North Park in Vancouver. AMY LOGAN/FOR METRO

"There is foundational shift about how people think of themselves in the city, seeing the city itself as an ecosystem," said Jay White, an artist with the Urban Animal Agency.

Located in an A-frame in Stanley Park, the group of artists, ecologists, and others who promote healthy long-term coexistence between species is a living organism itself rather than a rigid institution.

With so many urgent issues surrounding the environment, it is important to question the relevance of contemporary art, White notes. But through an awareness of human dependence on nature, art can be used to encourage sustainability.

These are some of the other creative things people are doing with nature.

Pollinator Pastures

This Richmond endeavour combines public art and biodiversity to create sustainable pollinator habitat. Flowers have been planted to mimic the shape of bee wings, visible from the airport flight path high above.

The Means of Production Garden

The landscape is used for botanical experimentation, a source for growing art and craft materials. They recently offered shares in a Natural Dyers' Cooperative Garden. Members will plant, tend and harvest dye plants, such as madder, woad and nettle.

Catherine Shapiro

A local gardener and artist has been deeply connected to nature since she was a young girl playing in her grandparents' orchard near Trout Lake. She has always been interested in the edges of gardens, the merging of the wild and domesticated. For Shapiro, gardening, research and art are closely intertwined. She is often working on several complex and interrelated projects at once. She is currently focussed on creating natural pigments and paint from natural materials. Inspired by a book on its history, she has started using cochineal, an hard-shelled insect from Mexico, to derive a natural red dye that produces "a vast range other shades, from burgundies to true red." Shapiro's favourite pigment comes from indigo. In 2016, she was Artist in Residence at MOP, growing indigo from seed, making dye vats and dyeing fibre. She noted that it's "challenging, and it pulls me in." She has discovered indigo is "an additive pigment." It can be glazed or painted over, with many variations.

A recent project illustrating her seamless marriages of art and nature is a painting she made of a Greek cabbage grown from seed. Using a combination of pigment from basil, cochineal, and indigo, she rendered layers of purple, magenta, and sea greens. It was unlike any other painting she had done, somehow more alive. "Something lyrical."

METRO *take action*

Linen Growers Club
Meet the first Tuesday of every month from March to September to learn everything from soil prep to turning flax seeds to fabric.
homesteadjunction.ca

Urban Animal Agency
The group meets May 6 for a bird watching walk or join a May 20 workshop on using natural pigment in drawing and painting.
urbananimalagency.ca

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VANCOUVERING

with icons by **Danielle Vallée** from the noun project

Brewery serves up sensible suds

FOOD NOTES

Green beer doesn't have to be limited to St. Paddy's

Abby Wiseman
For Metro

For Leigh Stratton, making Bridge Brewery a zero waste establishment was an obvious choice. She set out to make good beer, that would do good for her customers and the planet, even when it was not the easier thing to do.

From training staff on recycling, to using hybrid cars, Stratton's efforts to lower consumption is in every facet of her business. Although she has not achieved 100 per cent zero waste, she's come pretty close.

"I think the challenge is educating our staff, so part of our training is walking them through the process," says Stratton. "It is frustrating when you're holding a piece of plastic without a number on it and the lineup is out the door and you don't know where it goes, so we make sure they have as much education as possible."

The rise of microbrew culture has seen over 60 breweries open in Vancouver and the Lower Mainland in less than five years. As a result, beer drinking has become a local passion with festivals like Craft Beer Week and Hop Circuit bringing people together.

The lesser talked about story of the craft beer revolution is waste. Making beer uses a lot of water — about a six to one ratio or higher — something Stratton says can't entirely be avoided. Concerns about overtaxing the sewage system prompted Metro Vancouver to create a bylaw restricting the release of by-products from fermentation operations into the sewer system by fermentation operations (breweries, wineries, etc.).

Stratton found a solution for the spent grains and by-products that pose a threat and hired a company named Enterra to turn the grains into natural fertilizer, a practice that harkens back to the original Canadian brewers and distillers that turned spent grains into cattle feed.

Where Stratton does believe she can make changes that have lasting impact is in the details of how customers consume her food and her beer, while they are at her brewery and at home.

Bridge Brewery was one of the first breweries to introduce the growler to Vancouver — following Parallel 49 that opened weeks earlier. Now the growler has become a trendy symbol of freshness and good taste, but it also majorly reduces waste.

"It is really the ultimate waste free packaging," said Stratton. "You buy it for five dollars and just keep bringing it back. If you need to you can recycle it."

For Stratton, the secret to a zero waste brewery — or close to — is implementing best practices from the beginning. It's much harder to change the status quo in an established business, then to create the business around a zero waste policy.

"We chose to go zero waste because it's the right thing to do," says Stratton. "We're making that choice for ourselves, our customers, for our customer's family. We want to provide excellent beer, and I want to be able to say we made this great beer without costing the planet."

Hybrids and strict recycling help reduce waste. ABBY WISEMAN/FOR METRO

METRO *take action*

Choose a low footprint beer

1. It's local, meaning the heavy product wasn't transported from afar.
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Feds pilot 'name-blind' recruitment program

RECRUITMENT

Information revealing race and ethnicity will be removed

Ottawa has launched a pilot project to reduce biases in the hiring of federal civil services through what is billed "name-blind" recruitment, a practice long urged by employment equity advocates.

The Liberal government's move came on the heel of a joint study by University of Toronto and Ryerson University earlier this year that found job candidates with Asian names and Canadian qualifications are less likely to be called for interviews than counterparts with Anglo-Canadian names even if they have a better education.

"It's not just an issue of concern for me but for a lot of people. A number of people have conducted research in Canada, the U.K., Australia and the U.S. that showed there is a subliminal bias in people reading too much into names," said Immigration Minister Ahmed Hussen, who first delivered the idea to Parliament last year as a rookie MP from Toronto.

Minister of Immigration, Refugees and Citizenship Ahmed Hussen says studies show "there is a subliminal bias in people reading too much into names." THE CANADIAN PRESS

"Name-blind recruitment could help ensure the public service reflects the people it serves by helping to reduce unconscious bias in the hiring process."

Some companies in the private sector including banks and accounting firms have already adopted the practice, which removes names from application forms in order to stop "unconscious bias" against potential recruits from minority backgrounds.

In the United Kingdom, the government now requires name-blind applications for university admissions service and other applications for organizations such as the civil service, British Broadcasting Company and local government.

U of T sociology professor Jeffrey Reitz said the initiative is an important step forward but cautioned officials they must consult independent experts in developing the process and reviewing the results to make sure it is done right.

To conduct name-blind screening, he said, recruiters must remove any information on a resumé that would reveal the ethnicity of the person, such as name, birth place and membership of association before coding the candidates in the talent pool.

"If the government is serous about it, they need to make the process transparent and allow researchers to look at the new procedures and the results," said Reitz, a co-author of the Canadian study on name discrimination against Asians. TORSTAR NEWS SERVICE

INVESTIGATION

Beloved belugas died from unknown toxin: Aquarium

Wanyee Li
Metro | Vancouver

An unknown toxin killed two belugas at the Vancouver Aquarium last

November, the non-profit announced Thursday.

The organization conducted a five-month investigation after its two remaining belugas, Aurora and her daughter, Qila, mysteriously died nine days apart.

Dozens of toxicologists, doctors, and genome specialists contributed to the investigation but could not determine the exact toxin, the aquarium said in a written release.

However, the investigative team managed to discover that the toxin was likely introduced to the whales either through water, food, or human interference.

The aquarium says it has since conducted numerous tests to reduce risks in the Arctic exhibit.

"The loss of Qila and Aurora was devastating. They were beloved members of our family and the community for more than two decades. Their loss is felt profoundly by our staff, members, supporters, and the public," said Dr. Martin Haulena, head veterinarian at Vancouver Aquarium.

"The investigation has helped us understand what happened and, importantly, how we can best ensure the safety and welfare of marine mammals in our care."

NEXT STEPS

Moving forward, the aquariums says it is implement the following measures:

- Enhance food-screening process;
- Remove all vegetation next to the habitat that has the potential to be problematic;
- Replace mechanical water treatment systems that house cetaceans;
- Implement real-time testing and monitoring of water;
- Update security system to reduce potential threat of human interference.

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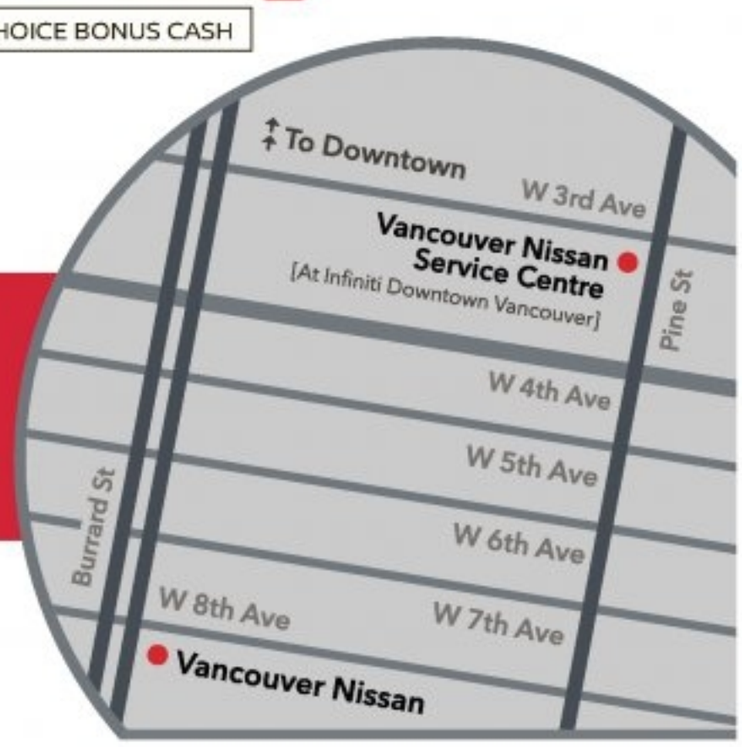

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Dark devotion to death penalty in U.S.

Arkansas' power and desire to kill its own citizens has been complicated by drug shortage, but the thirst to put people in their place in the U.S. is epitomized by their president Donald Trump

ROSEMARY WESTWOOD
From the U.S.

One of the ways I've sought to understand the United States, as a Canadian, has been to compare our absurdities. One inexplicable aspect of American life is the ongoing, vehement, pseudo-religious devotion of some to capital punishment. For weeks now, Arkansas has been in the news for fast-tracking the execution of eight men in 11 days.

Anyone following the modern death sentence in America knows the means of execution, namely drugs, is often a source of inconvenience for U.S. states. Only certain drugs are allowed. You can only get them from certain companies.

There's been a multi-year shortage of said drugs. And eventually, they expire. Arkansas's supply of the sedative midazolam, one of the drugs used in executions, will expire at the end of the month. Thus the state finds itself with enough drugs to kill eight inmates, but not enough time. Or not enough time to move at the regular pace. Enter a flurry of legal challenges, and this week the state's supreme court blocked two executions (it had already blocked one). State officials are keen to follow through on the rest, leading to such news reports as: "Arkansas remains hopeful it can execute five inmates before the end of the month." Capital punishment is the pinnacle of governmental arrogance. It is among the purest examples of unilateral, complete state power: the power to kill.

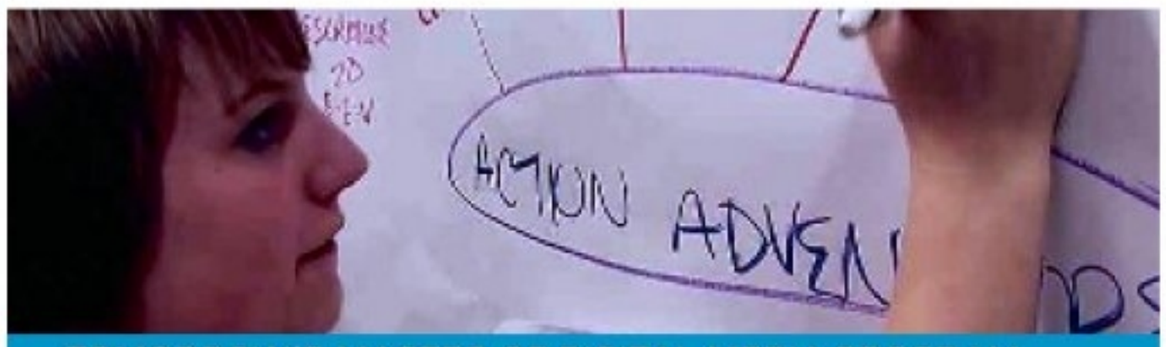
Unilateral, complete government power is not exactly desirable in a democracy, not exactly a hallmark of freedom. And yet, in the same week Arkansas is battling it out in the courts to kill its citizens, the U.S. president took time to congratulate the Turkish prime minister Recep Tayyip Erdogan in his ongoing efforts to concentrate power. Erdogan narrowly won a recent referendum that observers warn could have been manipulated by as many as 2.5 million votes.

Donald Trump's reaction was to give the Turkish leader a "well done" call. In the past year, Erdogan has responded to a coup attempt by jailing hundreds of journalists, shutting down dissenting media, and silencing critics. He told election observers warning of possible voter fraud to "know their place."

Disturbingly, those do sound like the words of a man Trump would admire. Trump is exactly a man who likes others to know their place. Namely: beneath him.

Pulaski County Circuit Judge Wendell Griffen (lying down) takes part in an anti-death penalty demonstration on Friday in Little Rock, Ark. Griffen issued a temporary restraining order Friday blocking the state from using its supply of vecuronium bromide after a company said it had sold the drug to the state for medical purposes, not capital punishment. THE ASSOCIATED PRESS

Protesters last weekend demanding Trump release his tax returns were met with Trump's trademark anger and incredulity: "The election is over!" he tweeted, while repeating the ridiculous claim that protesters were paid. The place of the U.S. public is not, as Trump would have it, in his proverbial pocket. It is not one of unthinking loyalty. The place of the U.S. public is one of oversight. Of the critic. And in four years: of the boss. It remains to be seen how much Trump's obsession with power will change the presidency. Enough Americans, especially Republicans, appear pleased to have him and his strong man (ignorant man) ways. Just as 49 per cent (as of September) support the death penalty. Inexplicable support on both counts, but true.



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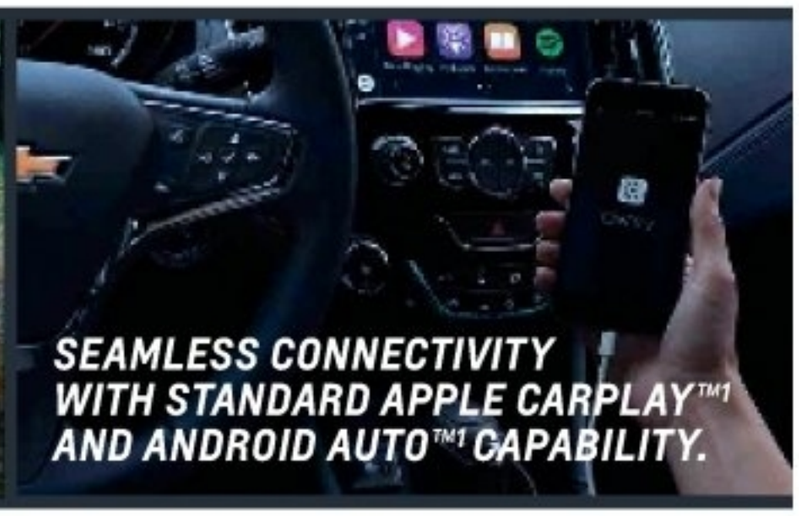

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Attacker opens fire on Champs-Elysees

TERROR

Daesh quickly claimed responsibility for the attack

A gunman opened fire on police on Paris' iconic Champs-Elysees boulevard Thursday night, killing one officer and wounding three people before police shot and killed him. Daesh quickly claimed responsibility for the attack.

French presidential candidates cancelled or rescheduled last-minute campaign events ahead of Sunday's first round vote in the tense election. Security already was a dominant theme in the race, and the violence on the sparkling boulevard threatened to weigh on voters' decisions.

Investigators were conducting searches early Friday in at least one eastern suburb of Paris, according to three police officials. Authorities were trying to determine whether the assailant had accomplices, anti-terrorism prosecutor Francois Molins told reporters at the scene.

Police officers block the access to the Champs-Elysees in Paris after a shooting on Thursday. GETTY IMAGES

The attacker emerged from a car and used an automatic weapon to shoot at officers outside a Marks & Spencer's store at the centre of the Champs-Elysees, Molins said. Two police officers and a woman tourist were wounded, he said.

Daesh's claim of responsibility just a few hours after the attack came unusually swiftly for extremist group, which has been losing territory in Iraq and Syria.

In a statement from its Amaq news agency, the group gave a pseudonym for the shooter, Abu Yusuf al-Beljiki, indicating he was Belgian or had lived in Belgium. The group described it as an attack "in the heart of Paris."

Police and soldiers sealed off the area, ordering tourists back into hotels and blocking people from approaching the scene.

The attacker had been flagged as an extremist, according to two police officials, speaking on condition of anonymity because they weren't authorized to publicly discuss the investigation.

On Thursday night, emergency vehicles blocked the wide Champs-Elysees, an avenue lined with shops and normally packed with cars and tourists that cuts across central Paris between the Arc de Triomphe and the Tuileries Gardens. Subway stations were closed off.

The gunfire sent scores of tourists fleeing into side streets.

"They were running, running," said 55-year-old Badi Ftaiti, who lives in the area. "Some were crying. There were tens, maybe even hundreds of them."

French President Francois Hollande said he is convinced the circumstances of the latest attack pointed to a terrorist act. Hollande held an emergency meeting with the prime minister Thursday night and planned to convene the defence council Friday morning. THE ASSOCIATED PRESS

Trump slams Canada from the Oval Office

U.S. President Donald Trump unleashed on Canada from the Oval Office Thursday, suggesting that the country was "taking advantage" of U.S. workers and demanding trade renegotiations begin "very quickly."

Trump denounced the North American Free Trade Agreement as a "disaster" and said he wants Canada to move on three particular industries: dairy farming, lumber and energy.

"The fact is, NAFTA — whether it's Mexico or Canada — is a disaster for our country," Trump said.

"We can't let Canada, or anybody else, take advantage and do what they did to our workers and to our farmers."

U.S. President Donald Trump GETTY

Trump vowed to move "very, very quickly" on negotiations with Canada, saying he would have a more detailed plan in coming weeks.

The president's comments were short on specifics and it's unclear how they will translate into action. Trump has used belligerent language on issues like NAFTA, NATO and China in the past, but has often failed to back up those words with significant policy changes. But they do represent a marked departure from Trump's warm words for Canada after he met with Prime Minister Justin Trudeau in Washington only two months ago. In February, Trump said the U.S. enjoys a "very outstanding trade relationship with Canada," pledging only "tweaks" to that relationship in larger NAFTA renegotiations.

Ironically, Trump's comments came only hours after Trudeau praised Trump's willingness to listen to reason. TORSTAR NEWS SERVICE

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'Operation Vandelay Industries' gets a win

CRIME

Fake architect faces charges

Andrew Fifield
Metro | Toronto

Fake news? No, this is real — and it's spectacular.

George Costanza may think "it's not a lie if you believe it," but New York's attorney general disagrees. In a press released marbled with Seinfeld lore, Eric Schneiderman announced that a fake architect named Paul J. Newman faces nearly 60 charges courtesy of a sting named "Operation Vandelay Industries."

Newman is accused of bilking nearly $200,000 from dozens of clients who paid him for "fraudulent architecture and design services," the release alleges.

"By allegedly falsifying building plans, code compliance inspections and field reports, the defendant jeopardized the safety of those who resided in and frequented the buildings he was contracted to work on," Schneiderman said. "Deceptive actions like these erode public trust."

The investigation earned its Must See TV moniker from a bogus latex company invented by Seinfeld's George Costanza to deceive his unemployment caseworker. Like many of Can't Stand Ya's schemes, Vandelay Industries went badly awry.

The name was resurrected several times in later episodes, including the "importer-exporter" Art Vandelay, a fake boyfriend of Elaine's who was part of a ruse intended to cover up George's attempted tryst with Marisa Tomei. But most importantly, as any Seinfeld fan knows, an architect is George Costanza's highest ambition when it comes to fake jobs to impress people.

The real Newman has been charged with 58 counts of larceny, forgery, fraud and unlicensed practice of architecture. He faces the prospect of spending up to 15 Festivuses in the same place the Seinfeld gang ended up.

In a case containing one Seinfeld echo after another, a New York man named Paul Newman is accused of being a fake architect who bilked his client out of nearly $200,000. CONTRIBUTED

Hello, Newman. Paul J. Newman, the president of Cohesion Industries, faces nearly 60 charges after a distinctly Seinfeld-themed sting. CONTRIBUTED

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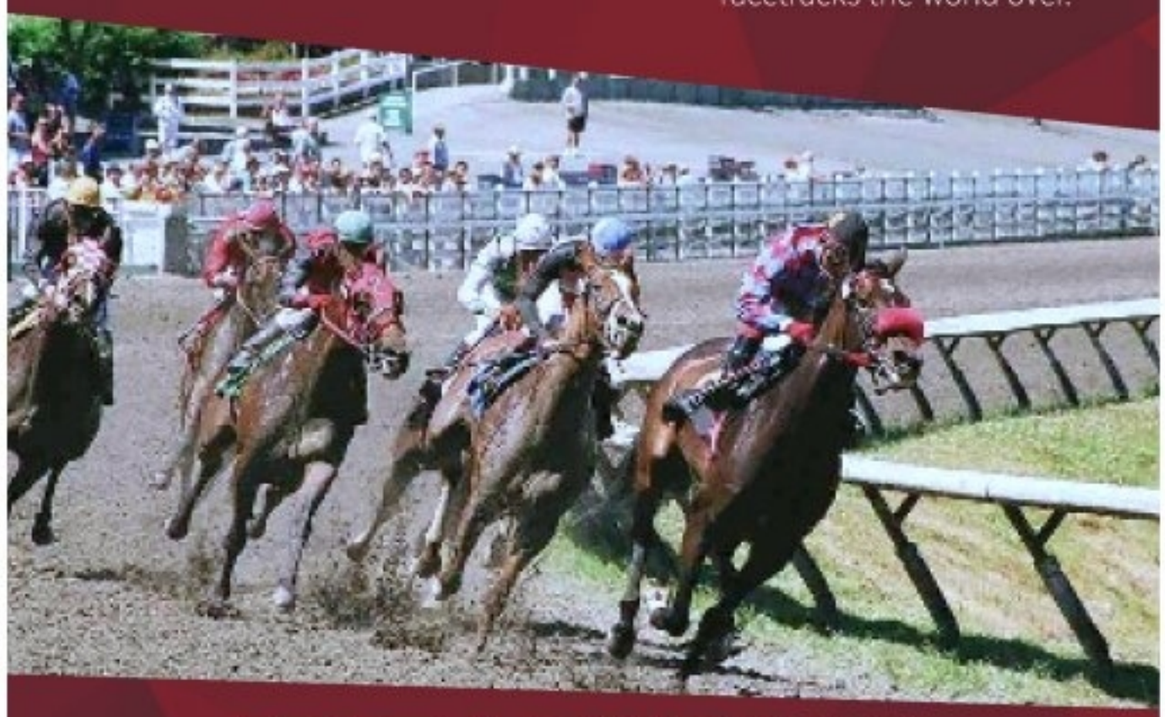
When the familiar words "There They Go!" ring out from track announcer Dan Jukich Sunday afternoon it will mark the beginning of another exciting thoroughbred racing season at Hastings Racecourse.

The 52 live racing dates in 2017 kick off Sunday with two $50,000 featured stakes: the Swift Thoroughbreds Inaugural and the Brighouse Belles.

With the horse population showing a marked increase over previous years, Hastings General Manager Darren MacDonald says fans can look forward to larger fields on a regular basis. "We've had a steady stream of owners and trainers from out of town bringing their product to Hastings," MacDonald says. "It's resulted in renewed enthusiasm from horsemen at every level."

Hastings Racecourse & Casino is one of the liveliest and most unique entertainment destinations in Greater Vancouver. It attracts a diverse demographic that includes a younger crowd (19-35) complementing the 'old guard' of regulars that traditionally builds up over the years at racetracks the world over.



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Bains urges private sector to spend on R&D

TECHNOLOGY

Canada must be ready for digital economy, minister says

Federal Innovation Minister Navdeep Bains is calling on the private sector to spend more on research and development to prepare for the rise of the digital economy.

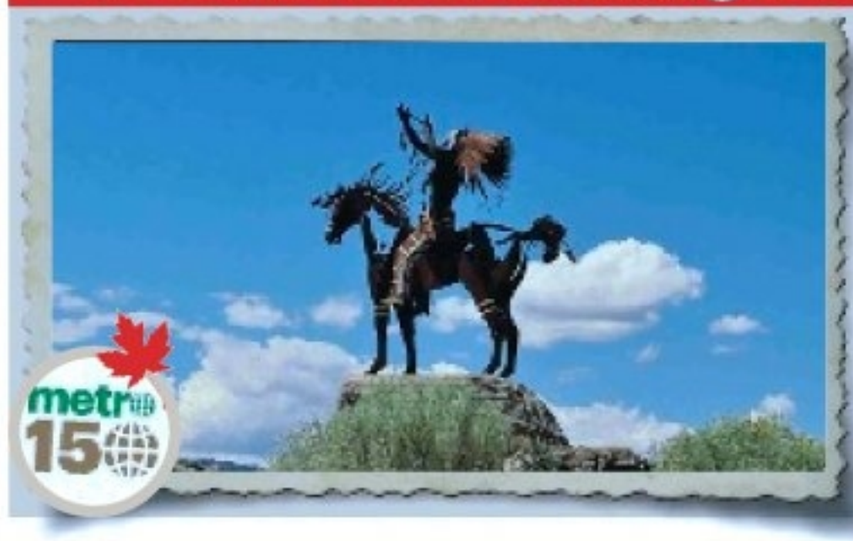
Speaking at a conference Thursday in Toronto, Bains said Canada ranks 22nd out of 34 economically advanced OECD countries in terms of spending on R&D as a proportion of GDP.

Bains said the amount Canadian companies invest in technology per worker is less than half of what their counterparts in the U.S. spend.

He said that puts Canada at a competitive disadvantage, especially in a global, digital economy.

He added that while the federal budget contains measures intended to boost skills development, governments can't solve the problem without help from the private sector and society at large. THE CANADIAN PRESS

150 WAYS of looking at Canada



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DECODED by Genna Buck and Andrés Plana/Metro

GREAT BARRIER GRIEF

Two-thirds of Australia's teeming Great Barrier Reef could die thanks to **coral bleaching**. To put it glibly, one day this could be a real snorkelling attraction: The Ghost Town Tour. In every direction, as far as the eye can see, swimmers explore a vast white ossuary where a coral reef once teemed with life. This isn't the only reef facing such a bleak fate. **Here's why.**

WHAT IS CORAL BLEACHING?

Stony corals have hard, white skeletons of calcium carbonate that form the basis of reefs. They're covered in friendly, pigment-rich algae called **zooxanthellae**, which give coral their brilliant colours and serve as a major food source. When algae fall off or die or their pigments degrade, that's **bleaching**. It's fatal within a few months.

Why does it happen?
Change in temperature: Warming water due to climate change is the leading cause. A cold shock can have the same effect.

Ocean acidity: Excess carbon dioxide in the air dissolves in the ocean, forming carbonic acid. Too much of it hurts corals.

Changing tides: Exposure to air causes bleaching.
Too much sun: If it's too hot outside, algae pigments degrade and produce toxic chemicals.
Pollution: Some human-made chemicals make bleaching worse.

GREAT BARRIER REEF 101

Meet the collossal ecosystem built on a backbone of coral

How big is it?
About the size of Germany. Its area could fit:
- All the Great Lakes
- Lake Winnipeg
- Great Bear Lake
- Great Slave Lake
- About 11 million hockey rinks

...COMBINED

1,625 Types of fish

133 Types of sharks and rays

600 Types of coral

CITIZEN SCIENTIST by Genna Buck/Metro

On Earth Day, let's save science too

My stomach fell through the floor when I read the news out of the University of Alberta earlier this month: 13 per cent of an irreplaceable collection of Arctic ice cores are lost forever thanks to a dual malfunction in a freezer and the software monitoring it.

Analyzing the gases trapped in ancient ice is one of the few windows we have into climatic history. They're practically priceless. And now they're water.

The snafu is enough to strike terror into the heart of everyone who has ever made a mistake at work, a.k.a. everyone.

Far be it for me to point fingers. But I want to draw attention to an overlooked aspect of the story: The ice-core collection was "orphaned" and needed a new home because of budget cuts at Natural Resources Canada. It used to be housed at a federal lab in Ottawa.

Securing scientific knowledge for future generations costs money. Sometimes a lot. But it's more than worth it.

On Earth Day, we focus, rightly, on what we can do to preserve the precious environments and resources that grace our planet. But preserving knowledge is just as important. And we can't have one without the other.

And most of the time, preserving knowledge about the Earth doesn't require fancy freezers. A digital document will do.

I spoke to UBC hydrologist Sean Fleming this week about how little of the data that's been accumulated about Canada's rivers, invaluable to conservation, is actually available to the public.

Right now, his book Where the River Runs is new. But, as books do, it eventually will go out of print. Presumably it will live on, online. Librarians who convert old books to digital formats, storing them in an easy-to-access way forever, are superheroes. Ditto for the people running the Wayback Machine, a project for capturing websites that have been left fallow online too long and become dead links. Those people deserve props on Earth Day, too.

Science Question?
citizenscientist@metronews.ca

FINDINGS
Your week in science

POLAR ICE CRAP
Antarctica: A vast, unspoiled ecosystem where leopard seals and whales roam without a care in the world. Not so much. A new study out of Concordia University has found that, contrary to popular myth, the outlook for biodiversity at the south pole is 'grim' thanks to threats from growing tourism, overfishing and climate change.

GLASS BATTERIES
Students at UC Riverside have smashed expectations by turning used glass bottles into fully functional nanosilicon anodes — a key component of high-performance batteries used in electric cars and handheld electronics.

SOUND SMART

DEFINITION
Living things that are **sessile** are anchored permanently to something and cannot move under their own power.

USE IT IN A SENTENCE
Deborah sits so still when she zones out and watches TV that she seems like she belongs to a **sessile** species.

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MOVIES MUSIC TELEVISION DIGITAL

Born free and raised a wild child

Born In China, a new doc from DisneyNature opening Friday, follows animal families through four seasons. These vulnerable, magnificent species are rarely captured on film in such detail. The almost unbearably cute film features a bouncing soundtrack and lively narration by John Krasinski (yes, Jim from the Office). Here are three things we learned. **GENNA BUCK/METRO**

TREE HUGGER

Pandas must learn to climb trees

The baby panda Mei Mei steals every scene she is in. She rolls down hills, gnaws on everything (edible or not), and constantly tries to climb trees — much to the consternation of her 'helicopter' mom Ya Ya. But Ya Ya eventually had to let Mei Mei strike out on her own. Climbing is a skill all panda babies must learn in order to evade predators as their mothers, who spend 14 hours a day chomping down on bamboo, can't keep an eye on them at all times.

RUNAWAYS

Golden snub-nosed monkeys are 'lost boys'

At the top of the film, Tao Tao the baby golden snub-nosed monkey has his world turned upside down — his baby sister is born, and his parents' attention is diverted. He leaves the family unit to join a troupe of "lost boys." These adolescent boys and young, single males — stuck at that awkward age between babyhood and starting families of their own — band together to eat, play and learn skills they'll need for the rest of their lives (most of which will be spent in tree tops).

SINGLE MOMS

Mama chirus are machines

Male and female chiru, also known as Tibetan antelope, only hang out long enough to mate. The pregnant mothers set out on an epic, 700-km round-trip journey across harsh, high-altitude plains to give birth at traditional calving grounds. Then they head back, newborn calves in tow, to meet up with the males and start the process all over again.

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Sienna Miller finds muse in new role

Miller plays lost adventurer's wife Nina Paterson Fawcett in The Lost City of Z. CONTRIBUTED

INTERVIEW

Progressive suffragette inspires and intrigues her

Steve Gow
For Metro Canada

In 1925, an uncompromising explorer named Percy Fawcett was so focused on finding a lost civilization in the Amazon that he disappeared in what seemed a doomed quest — even if Sienna Miller doesn't quite see it that way.

"I've always been drawn to (the idea of) the journey as the destination," said Miller recently of the tragic tale behind The Lost City of Z.

"And I think the bravery that he stayed in this and the courage and resilience of the quest — I find there's something romantic about that for me."

And what a quest it was. On a mission to map Bolivia at the turn-of-the-century, Fawcett uncovered cryptic clues about an undiscovered city built by "savages" and set out on the ill-fated crusade that roused ridicule from a haughty English establishment.

However, Miller not only found inspiration in Fawcett's determined drama; she was also equally intrigued to play Fawcett's wife Nina — an early-century spouse who wasn't "just a wife" but a character rich with her own progressive ideas.

"With all these tidbits of information I pieced her together but she did feel incredibly contemporary," insisted Miller of the little-known self-sacrificing suffragette.

"I like the idea of a real life (and) I find the research part of it really fulfilling. I also feel a responsibility that comes with playing a real person; it can be galvanizing in some way – you feel a sense of duty."

Indeed, the role itself came at a good time for the actress. Although filmmaker James Gray approached her 7 years ago, Miller's then "chaotic" private life was fodder for the British tabloids even as she suffered a misstep with GI Joe: The Rise of Cobra — a role she conceded "compromised my values."

The offer would mark an important shift in career redesign; one that now sees the 35-year-old boasting the best roles of her life.

"I was really confused by the tabloids and it made it difficult to do the work that I wanted because people had a very strong perception of who I was," admitted Miller, now uncompromising in her own right and happily preparing to premiere Cat on a Hot Tin Roof on London's West End in July.

"It's getting better (and Hollywood is) much more focused on giving women good parts in films and I think that's fantastic."

GOSSIP

From Lost City to London
"Our director is Benedict Matthews who's a real auteur; he doesn't do things in a traditional way," said Miller of her upcoming London production of Cat on a Hot Tin Roof this July. "I do know he's a visionary so I'm excited about taking a classic play and seeing what comes out."

On Charlie Hunnam
"He's got a depth, an understanding and an interest – he will do anything to get the story right," said Miller of her fictional husband. "(And) he's beautiful to look at — he's got all the ingredients basically to be a massive movie star."

Why Percy Fawcett Matters
"What makes it resonate is that this man saw something and he applied himself and his whole life to it," said Miller of the film. "There's something admirable about that kind of passion, that kind of drive."

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She didn't live in the '70s but loves the era

INTERVIEW

Brie Larson talks about dark comedy Free Fire

Steve Gow
For Metro Canada

Oscar-winning actor Brie Larson stars in the '70s comedy-crime-thriller Free Fire, directed by Ben Wheatley. HANDOUT

Since winning the coveted best actress Oscar for her role in the 2015 hit drama Room, Brie Larson has had many big-ticket projects to brag about — the most recent King Kong re-boot, being cast as Captain Marvel in a forthcoming comic-book blockbuster. Surprisingly however, she's most excited to talk about a low-key throwback to the '70s.

"Some of my favourite movies are from that period," said the 27-year-old star, "so it was wonderful to try to represent that now."

Speaking about her latest film, Free Fire, Larson continued: "It's funny because that's not a period of time that I lived in; I only know it through film. I'm going off of a reference point and putting it on this new reference point."

Directed by British indie wunderkind Ben Wheatley (High-Rise), Free Fire casts Larson alongside an ensemble cast in a high-concept dark comedy about a broker attempting to bridge a big arms deal between IRA members and a hothead dealer (Sharlto Copley of District 9).

But when suspicions arise, the warehouse transaction erupts into the kind of violence that seems like, as one reviewer noted, "the last 90 seconds of Reservoir Dogs stretched out to fill 90 minutes."

"There is the general concept of what it is on the surface and then there's something beneath it. They're really smart with what they're doing," said Larson of Wheatley and co-writer/wife Amy Jump's oddball screenplay.

"Ben is incredible in that way because there is so much happening underneath that he doesn't fully explain to you," said Larson of Wheatley's directing style. Larson draws comparisons to John Cassavettes explaining that like the late iconic indie auteur, Wheatley keeps his actors on a "need-to-know basis" when filming.

"If there was a scene where two characters were walking down the street and one was supposed to be in control of the situation and the other was unsure of what was going to happen, he'd give the pages to the actor who was supposed to be in control," explained Larson.

"Ben really sets up the situation for that — it creates these situations where you're running off on instinct and adrenalin."

SHARLTO SAYS

Copley on Wheatley
"What was interesting to me about working with Ben (Wheatley) is that I didn't know his previous stuff," said Sharlto Copley of the acclaimed director. "When I spoke to him on the phone, he said he wanted to have comedy in this thing (and) I just hoped he would keep a lot of the fun stuff."

For Copley, that kind of instinctual acting was particularly thrilling. Not only did it allow him to improvise heavily, but it also added a layer of surprise when he finally watched the final product on-screen.

"He let me run wild with improv. When you have this level of cast to work with, everyone's choosing an interesting decision," said Copley.

"You're not surprised by what happens in the movie. But the moments in the movie between the actors — there's surprise. There's all sorts of stuff that wasn't in the script, that wasn't on the page."

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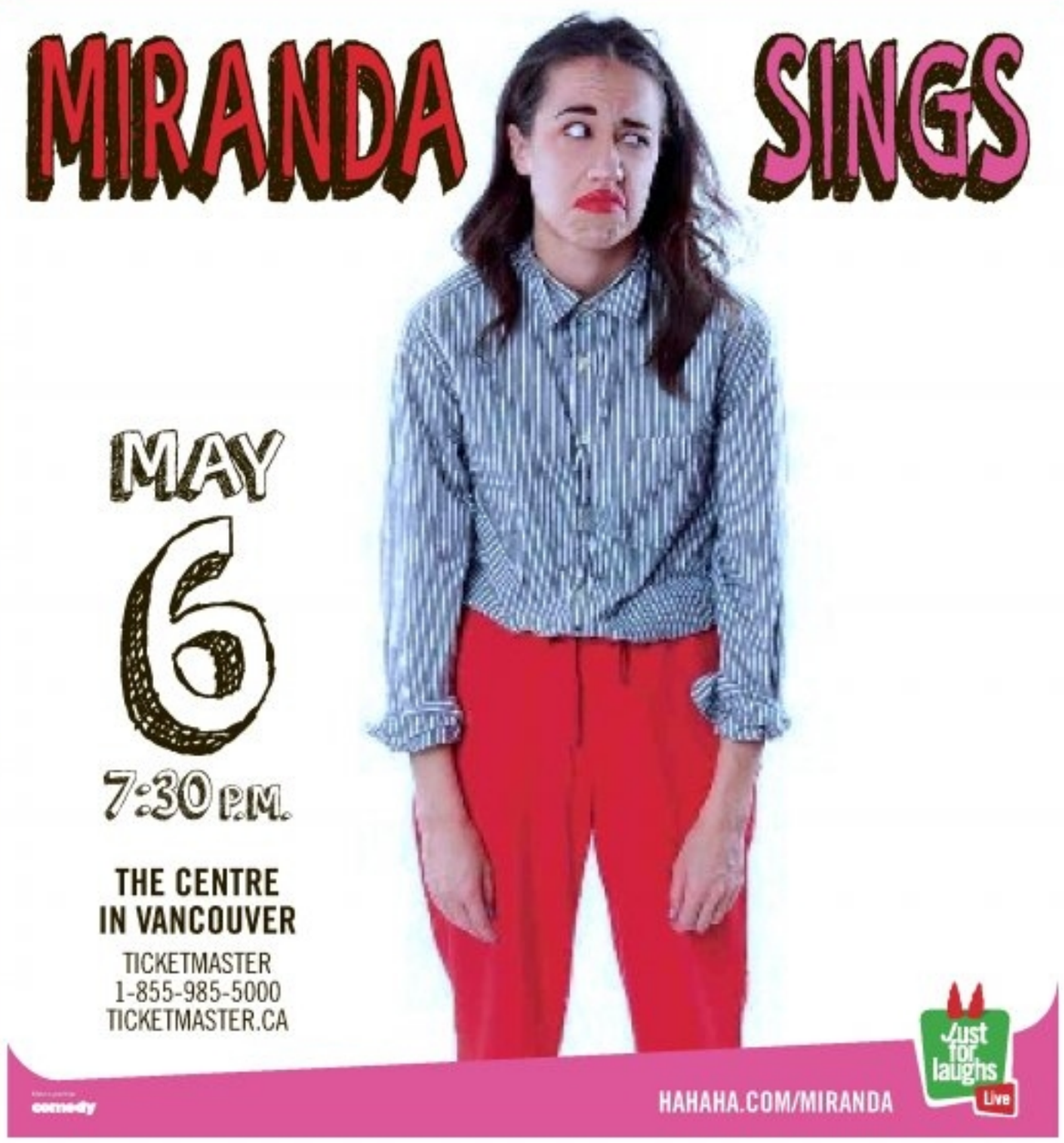

Female producer debuts as director

HOLLYWOOD

Denise Di Novi switches gears in new thriller Unforgettable

The film stars Rosario Dawson and Katherine Heigl. CONTRIBUTED

Men pick the movies. Women only go to movies that their husbands choose. And men definitely don't see movies about women.

That was the prevailing line of thought at Hollywood studios not too long ago. Denise Di Novi, a prolific producer behind everything from Batman Returns to The Sisterhood of the Traveling Pants, heard it for years when she was starting out. Back then, she mostly felt lucky to be one of the few female producers around. Directing didn't seem like a possibility. In fact, Di Novi said, it felt insurmountable.

Now, nearly 30 years after she made a name for herself as the producer of Heathers, Di Novi is making her directorial debut with the thriller Unforgettable. Out Friday, the film is about a woman driven to madness when her ex-husband brings a new fiance home.

Starring Katherine Heigl as the Hitchcockian blonde unwilling to let her ex, Geoff Stults, move on, and Rosario Dawson as the girlfriend with a traumatic past, Di Novi had been developing the script to produce when Warner Bros. suggested that she direct.

"I'd been championing women directors for years and speaking about the need for more and thought, 'I should put my money where my mouth is and direct a movie,'" Di Novi said.

She also loved the genre. In the films of Alfred Hitchcock and Adrian Lyne, Di Novi liked that the women were always especially interesting and layered.

"I love to see female characters put in really complex situations and overcome them. They make mistakes and they're flawed and they're crazy. I like the full spectrum, the messiness of the female experience," Di Novi said.

Di Novi knew she didn't want to mimic other directors, though. One thing she's learned from producing is that bringing your authentic point of view to a project is always going to be better than homage.

Di Novi found her way into producing almost by accident. She started out as a journalist in Toronto, but would get in trouble for personalizing every story, often ending up in tears. She laughs that she got fired from every job she'd ever had until she started working on movies. She tried out publicity and screenwriting but it was producing that stuck.

Her work on the still shockingly dark high school comedy Heathers put her on the map and led to a fruitful meeting with Tim Burton. They bonded over feeling like outsiders in Hollywood, and went on to make films like Edward Scissorhands, Batman Returns, Ed Wood and Nightmare Before Christmas.

In more than 40 credits, Di Novi has dabbled in all genres from superhero pics, to classic literary adaptations.

"I'm not snobby. I just love movies. I love every kind of movie. I respect every kind of movie," Di Novi said. "I'm a 'why not' kind of person."

Di Novi doesn't bristle at the "female filmmaker" conversation either. She embraces the distinction and believes her chance to direct this film is the result of the heightened talk around the glaring disparity in the business.

"I wish I could have worked with more women directors. There was an assumption that women can only direct movies about women and if it's not about women, they're usually not on the list," Di Novi said. "I want women coming up to see that there are female directors and it is possible and there is a path."

Di Novi is optimistic that things are changing. Studios and producers, she said, do seem committed to hiring more women for directing jobs in movies and television.

There is work to be done, however, and until 50 per cent of movies are directed by women, Di Novi thinks it's important to keep talking about it.

"There is still a stereotype that women will only go to women's movies," Di Novi said. Most expected Unforgettable to be in that category, but Di Novi happily reports that it's tracking at 50/50.

"Some of that is the genre. It's scary and thrilling. But I think that there's a fascination with the female characters," she said. "And men are just as fascinated as women." THE ASSOCIATED PRESS

I want women coming up to see that there are female directors and it is possible and there is a path.

Denise Di Novi, director

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Anne Hathaway's latest release, Colossal, gets deeper and darker than most people expect. CONTRIBUTED

Hathaway grateful for her time in Langley

FILM

Star loved filming in B.C. during pregnancy

Critics and internet commenters are fumbling over how to describe Colossal, the new sci-fi monster movie that resists being boiled down and placed under any label.

When asked how to explain the film, opening in Canada on Friday, its star Anne Hathaway says she often doesn't attempt to. Or she'll drop its logline: "Party girl with a heart of gold needs to dry out, goes home and doesn't dry out, and when she gets drunk a giant monster terrorizes Seoul, South Korea."

Then she'll just let that hang there for a bit. "And people either go, 'OKKKK' or they go, 'Rad! I want to see that' — and I kind of leave it at that," the Oscar-winning actress said. She likes that it's a tough film to squish into a box, adding that she was delighted by how freely the story manages to just be itself.

> I couldn't believe what I was reading.
> Anne Hathaway

Hathaway plays Gloria, an out-of-work web writer with a drinking problem in New York who is dating a not-so-impressed Brit (Dan Stevens) when we meet her. She gets dumped and heads back to her hometown to put her life back together and reconnects with childhood friend Oscar (Jason Sudeikis), who hires her to work at his bar.

It seems like a setup — a familiar one — for a rom-com, but instead, things get weird. The monster soon shows up in headlines and on the news after it starts wreaking havoc in Seoul. Gloria, petrified, eventually figures out she's actually in control of the monster that appears every time she gets wasted (which is often) and she wanders into a nearby park. And here again, if you think you know where this is going, you'll probably be surprised.

However unusual Gloria's path is in the story, Hathaway said her interest in working on the film grew from the connection she felt with the character.

"I felt a kinship with her; maybe we are not the exact same person, but we've stumbled in similar ways. She grabbed me and then, as I kept reading, I couldn't believe what I was reading, it was just so fresh and like nothing I've ever read before, and that counts a lot for me."

As the Internet is now discovering, Colossal gets deeper and darker than most people seemed to expect. And while the audiences do get to meet a gigantic monster, they're also confronted with heavier issues.

"When I read it, I focused so much on the addiction story, the substance abuse story, that some of the toxic masculinity I didn't see until I saw the actors portray the parts," Hathaway said. Suffice it to say, many of the characters in Colossal are not as they first seem.

"It's a really good unexpected story that kind of comes out of nowhere and says some things and reflects (certain) truths about the place we are living in that are resonating with people."

The film was shot in Vancouver and Langley, B.C., when Hathaway was a few months pregnant, though the rest of world didn't know it. She is grateful for the way the crew there was able to accommodate her needs (things like extra editing to break up her fight scenes, so her heart rate didn't get too high).

"I can't tell you how grateful I was to the crew for letting me feel so protected on the set," she said, noting that within an hour of being back in L.A. paparazzi had reported to the world that she was expecting.

"To have been able to be in Canada for two months and have that time just respected on a human level, I don't know if I can tell you what that meant to me . . . I don't think I've ever gotten a chance to say thank you properly."

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It's a rom-com starring a monster

IN FOCUS

Vigalondo's Colossal has year's strangest film premise

Richard Crouse
For Metro Canada

Colossal director Nacho Vigalondo's film may have the year's strangest premise. He takes a basic rom-com format — woman in trouble returns to hometown and strikes up a friendship with a former schoolmate — and turns it upside down. And inside out. And flips it on its head.

"I understand some people are angry at the silly elements of the film," says Vigalondo, "but I'm a comic book guy and those are for me a way to re-enact the golden age of comic books on screen. I'm OK with superhero films not being afraid to be silly sometimes."

He simultaneously reinvents and destroys the form in a movie that might be best referred to as a rom-mon.

"Colossal is an original idea," he says, "and you have to be careful with original ideas. A movie doesn't make it on originality alone, you need something else."

Anne Hathaway stars as Gloria, an unemployed Manhattanite who fills her days — and most nights — with booze. As her life falls apart she returns to her small hometown a broken, drunken wreck. On home turf she reconnects with Oscar, played by Jason Sudeikis, a childhood friend, now owner of the local bar and possible love interest.

So far it sounds like the set up for an unconventional rom-com.

She takes a job at the tavern, earns some spending cash and access to after-hours booze. Then things take a weird turn. One afternoon she wakes up with the forty-ounce flu to the news that a giant monster has attacked Seoul, South Korea.

It soon becomes clear to Gloria that she is somehow related to the mysterious attacks. It sounds outrageous, like the ramblings of a drunken sot, but when she takes Oscar to the sandbox in the local playground, the monster suddenly appears on the other side of the earth, mimicking her every move. When her actions cause havoc in Seoul she is forced to confront the monster within: her addiction.

Colossal is the kind of script most Rom Com Queens would toss in the trash by page 11. Hathaway, however, throws herself at it, relishing the off kilter and dowdy character. This may be a monster movie, but the real monster is her alcoholism not the foot stomping Kaiju.

"When Anne Hathaway said she wanted to play this role that was probably the biggest turning point in my whole career. If I had a list of actors in mind I would have been the crazy guy on the block. Let me put it to you this way: Let's fantasize, if this movie becomes an Oscar winner for Best Picture, that would be a lesser jump than these actors wanting to be in this film."

Colossal isn't exactly a monster movie or a Jennifer Aniston-esque rom-com. It is something else, something original and that is its beauty. It's a reinvention, for both Gloria and its genres.

Director Nacho Vigalondo says the biggest turning point in his career is when Anne Hathaway signed on to star in his film, Colossal, out Friday. CONTRIBUTED

MOVIE RATINGS by Richard Crouse

Colossal	★★★★
The Lost City of Z	★★★
Unforgettable	★
Free Fire	★★★★

HOW RATING WORKS	
★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
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HONOURING ENVIRONMENTAL HOMETOWN HEROES

CONTRIBUTED

The word 'hero' gets bandied about a lot these days. But Earth Day Canada's Hometown Heroes program aims to reclaim some of the term's gravitas by honouring those who make a real difference to environmentalism in Canada.

Launched in 2004, Hometown Heroes recognizes and celebrates individuals, groups, and businesses that have made a positive impact on the environment, either through their actions or through education.

"A Hometown Hero can be anyone finding a creative solution to an environmental challenge," says Cristina Greco, Recognition and Development Manager for Earth Day Canada (EDC). "Usually it's someone who also demonstrates leadership in a particular field and really mobilizes their community to make a difference."

The annual program comprises five categories — Youth, Individual, Teacher, Group, and Small Business — with six finalists chosen by judges culled from previous winners, as well as EDC associates and community partners. Each winner receives a $5,000 cash prize to be used towards improving the environment or, in the case of the Youth prize, a scholarship that will contribute to a post-secondary education. Winners will be announced in May and recognized during an awards ceremony on June 14 at the Mill Street Brewery in Toronto's historic Distillery District. New for 2017 is the Teacher category, which salutes an educator who's doing extraordinary work to mobilize his or her school community in an eco-initiative. Of all the Hometown Heroes categories, this one received the most nominations this year.

"Teachers are a huge part of our audience at EDC," says Greco. "Given that through our EarthPLAY and EcoKids programs we engage thousands of educators, we thought it imperative to add this category so we could highlight the amazing work being done by them both inside and outside the classroom."

While the awards recognize individuals and groups, Greco hopes Hometown Heroes will have a wider impact across Canada in promoting not only environmentalism but also the power of ordinary Canadians to effect change.

"It is our hope that the winners of the Hometown Heroes Awards serve as ambassadors and role models to people who doubt their own ability to make a difference. Hometown Heroes winners are often from small towns across Canada, face the same barriers that many of us face, and are still making outstanding contributions to their local communities, and in some cases, to the country."

–SEAN PLUMMER

Pilot program transforms playgrounds

The schoolyard should be fun for all. Yet, from bullies and bad behaviour to hyper-competitiveness and downright boredom, the playground can be a place that's rather devoid of, well, play. But now Earth Day Canada (EDC) is looking to take back the humdrum schoolyard and make it fun for its most frequent visitors: kids. To that end the Toronto-based environmental org has teamed up with the Toronto District School Board (TDSB) to introduce the Outdoor Play and Learning (OPAL) pilot project into six TDSB schools. The idea is to provide kids with an assortment of materials — fabric, rope, spare tires, hay, water and the like — and let them get creative.

Sound like a recipe for a mess or, worse, a disaster? Not so, says EDC Director of Play Programs Brenda Simon. She insists that self-directed play is the best kind of activity.

"Can you remember what it was like to face the same asphalt and grass schoolyard every day for 180 days a year for six years?" asks Simon. "The resemblance of these places to prison yards has been noted more than once. A lot of bullying behaviour arises out of boredom — the desire to create some excitement and random experience against which to react. By providing varied play opportunities, the children can create endless variety in their play."

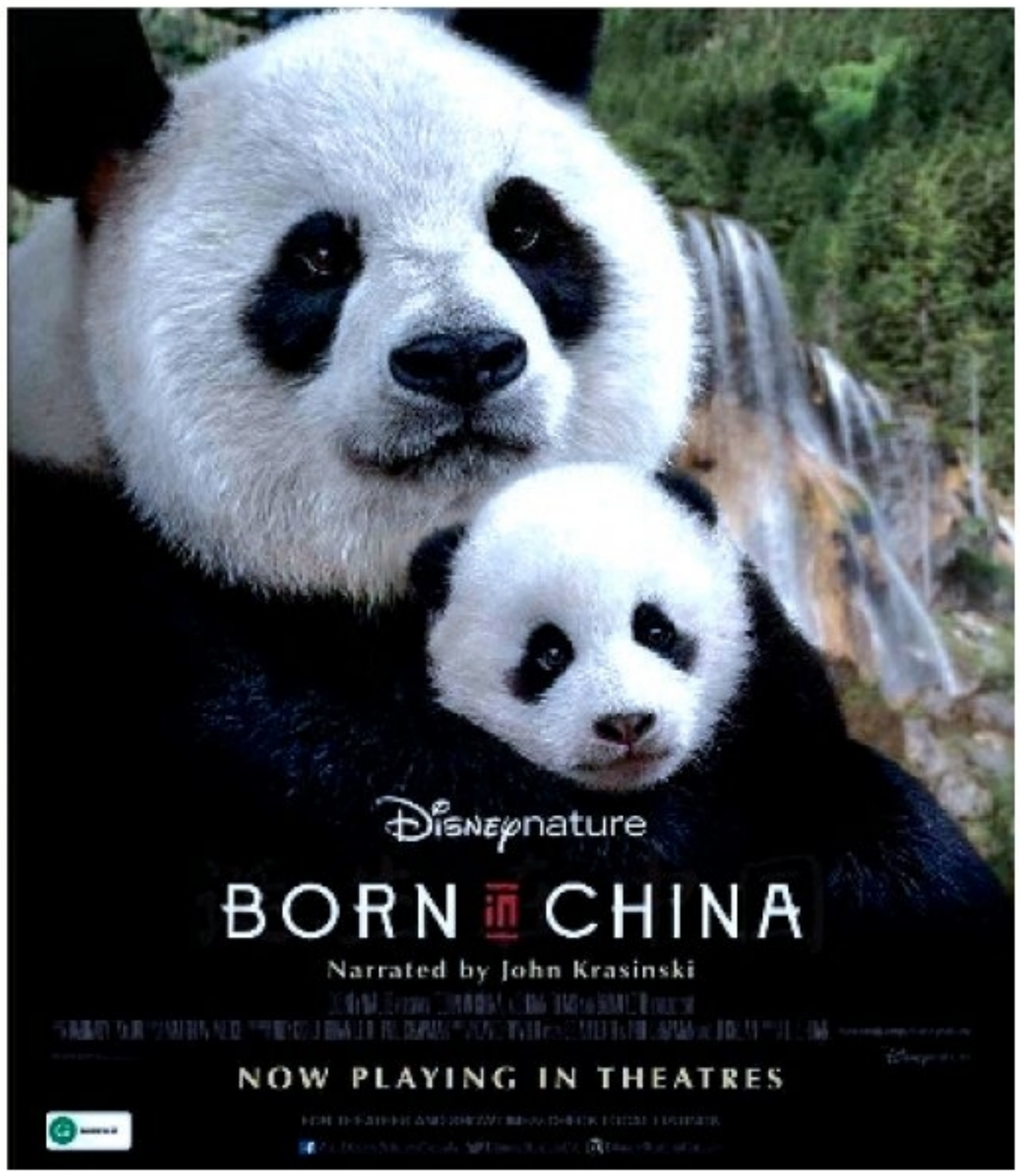
Those varied opportunities have had encouraging results. Less athletic children play more because they don't worry about losing. Kids learn to play safe and do so with kids of different ages and abilities. And the reduced stress on staff and students leads to fewer fights and office visits.

"Many trips to the office arise out of boredom and the desire to create a little drama," says Simon. "The injured child will frequently be accompanied by a chorus of sympathizers...each bearing their long dramatic story of what happened. Many other children simply experience stress in the playground and use office visits to get out. When the children have so many things to do, are able to build themselves enclosures and smaller social environments, and are having so much fun, they endure the little injuries — social or physical. They are naturally more resilient."

And parents, take note: the result may also be better grades. "We hear a lot of stories about greater focus and less unhappiness in the classroom after OPAL is introduced," says Simon.

–SEAN PLUMMER

CONTRIBUTED



metro TRAVEL
Your essential daily news

Photo of Ella Fitzgerald going on display at Washington's National Portrait Gallery

FOOD

Put down the éclair and enjoy a healthy Parisian meal

Sarah Treleaven
For Metro Canada

The city of tastes

Consider the chocolate éclair: the perfect crisp but soft chou pastry meets a rich chocolate cream filling, all topped with a rich chocolate glaze.

This iconic food might be a terrific representation of Parisian indulgence.

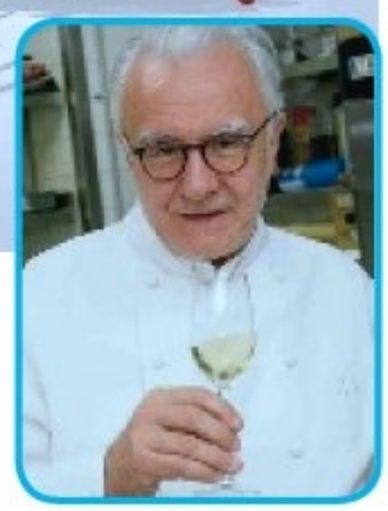
Paris has long been a place where food allergies and intolerances were scoffed at (gluten allergies still merit an eye roll), where vegetarian options were few and far between, and where the best food was inextricably connected to nothing more than quality and pleasure.

But the food scene in Paris is changing. The city is finally offering a well-rounded range of delicious and health-conscious food options.

Juice bars are now proliferating, allergen-free and raw food options are showing up on menus and vegetarian restaurants are increasingly considered chic.

Here are five satisfying and nourishing selections for the next time you visit the City of Lights:

Among the range of health- and allergy-conscious food being served in Paris is the cheesecake Chambelland from Chambelland Bakery and the vegetarian stew from Bob's Juice Bar. Even one of Paris' biggest chefs, Alain Ducasse is moving "vegetable forward." ISTOCK/INSTAGRAM/GETTY IMAGES



Tout Organic
The new "Tout Organic" walking tour by Sacrebleu Paris celebrates organic, farm-to-table, gluten-free, vegan and dairy-free foods (and also beauty products) by introducing visitors to off-the-beaten path and highly local businesses. (sacrebleu-paris.com)

Bob's Juice Bar
Bob's — part of a network of health-conscious "Bob's" restaurants — was one of the pioneers on Paris' health food scene, and his cozy little juice bar offers a range of green and cold press juices, protein shakes and dairy-free smoothies. Visitors will also find a small selection of vegetarian muffins, soups and sandwiches. (bobsjuicebar.com)

Chambelland Bakery
This bakery-café offers a range of gluten-free options, including crusty loaves of bread made with buckwheat and rice flowers, lemon tartlets, bittersweet chocolate cakelets, granola bars and sandwiches in a colourful and sun-dappled room. Bonus: the product list notes any possible allergens, including eggs, dairy and nuts. (chambelland.com)

Sol Semilla
This café-grocery store in the chic Canal Saint-Martin neighbourhood does double duty: customers can find bags of cocoa nibs and ground acai berries, and then stay to enjoy their vegan lunch options, like beautifully layered chia seed puddings, coconut smoothie bowls and spinach risotto with carob powder. (sol-semilla.fr)

Alain Ducasse au Plaza Athénée
Ducasse, one of French gastronomy's biggest names, has removed red meat from the menu at his Michelin-starred restaurant at the Plaza Athénée, moving towards "vegetable forward" cuisine with limited refined sugars. The dishes are based on the "fish-vegetables-cereal trilogy" (think sea scallops, black truffles and select seaweeds spiced with tarragon), which the restaurant calls healthier, more natural, more respectful of the planet. (alain-ducasse.com)

CANADA DAY

Ottawa ramps up attractions as 150 celebrations approach

Ottawa may have a reputation as a quiet government city, but there are a number of ways the capital is loosening its collar and transforming ahead of Canada's 150th birthday — a time when 1.75 million new tourists are expected to flood in, bringing the total to an expected 10 million by year's end.

Main events in the months ahead, of course, are geared toward Canada Day in the capital — the same day a rejuvenated National Arts Centre (NAC) will be revealed in downtown Ottawa.

"What people will see on Canada Day is a complete transformation of our building," said Rosemary Thompson, the centre's director of communications and public affairs. The unveiling will be free to the public and will involve a ribbon-cutting ceremony with 150 people, she said, noting the centre is keen to showcase its new design created by architect Donald Schmitt.

"It is now going to be this new and beautiful home for the performing arts in Canada," Thompson said.

The Canadian Museum of History, located across the Ottawa River in Gatineau, Que., is also expected to open its Canadian History Hall on July 1 — a chance, the museum says, to explore the country's "collective history" which includes success and hope as well as conflict and struggle. The Bank of Canada's Currency Museum is set to be reopened too.

"If people are wanting to have a truly Canadian experience for Canada's 150th birthday, Ottawa is the place to be," Mayor Jim Watson said in an interview.

The city started planning a couple of years ago to bring in many fresh and exciting events it hadn't seen before, Watson added.

The city's cultural and social scene is also becoming much more vibrant, he said.

"When I arrived here in 1980 to go to university, I'd tell friends that the closest thing we had to European cuisine was Swiss Chalet," Watson said. "Today we have some of the best chefs in the country."

Watson said this skill will be on display for Canada's Table — a sold-out event for 1,000 people featuring 10 of the city's top chefs who will partner with 10 chefs from five regions of the country. The culinary artists are set to stage a four-course dinner with wine pairings right near Parliament Hill along Ottawa's Wellington Street.

More than 75 countries and international partners are participating in Ottawa Welcomes the World — part of the 150th-anniversary celebrations as well.

Until December 2017, embassies, high commissions and international partners will showcase their culture with a series of events at Lansdowne Park.

THE CANADIAN PRESS

IF YOU GO

Hotel rooms will be hard to come by
There are a number of community centre parking lots and parks that will be open for July 1 so people can camp. Information can be found at ottawa2017.ca, including locations and how to book a spot.

WELCOME TO CANADA

Immigrants build new lives in Metro Vancouver

Are you a newcomer to Canada? Welcome!

If you've just arrived, chances are you may be looking for a few basics: access to housing, health care, education, employment and a way to connect with the community.

To help you access any or all of these resources, there are several organizations and free programs across Metro Vancouver, with welcoming, dedicated staff.

You can find all of these services and more through ISSofBC and other immigrant services organizations in B.C. Many offer programs and services to help immigrants from day one, says Chris Stephenson, spokesperson for ISSofBC, which has been providing programs for immigrants since 1972.

The ISSofBC Multicultural Youth Circle program brings young immigrants and refugees together to deal with difficult topics including social isolation, racism, trauma and family conflict.

ISTOCK

In a new pilot program promoting mental health and wellness, ISSofBC is also offering Clinical Trauma Services for refugees in Metro Vancouver, with clinical counselling provided free to immigrants in their first language.

In early April, ISSofBC launched Career Paths for Skilled Immigrants to help immigrant professionals find careers in B.C.

These and many other local programs can help you find the education, employment and social support you need to start making the life you want in your new city. There's support for you no matter your background.

"Some [newcomers] are immigrants seeking job and career opportunities or a place to raise a family, while others are refugees that have been forced to leave their home countries or flee due to war, persecution or natural disasters," Stephenson says.

More than 913,310 immigrants live in the Vancouver metropolitan area, according to the latest data from Statistics Canada. Immigrants make up a major part of the city's cultural fabric.

No matter how you came to Canada, you're welcome here.

"We are a country that embraces and celebrates this diversity," Stephenson says, "which provides a safe, comfortable environment for newcomers to learn, share and grow as members of the community."

Resources for newcomers

If you're a newcomer to Vancouver, these organizations are great places to find support.

- **ISSofBC:** *Provides extensive settlement, education and employment services, helping immigrants and refugees with services in more than 45 languages. issbc.org.*
- **MOSAIC:** *An organization dedicated to helping immigrants with a range of programs and one-on-one support to suit many different needs. mosaicbc.org.*
- **WorkBC:** *An organization that helps B.C. residents, including newcomers, find the in-depth resources and training they need to pursue a career. workbc.ca.*
- **S.U.C.C.E.S.S.:** *Specializes in providing immigrant services, including their Immigrant Settlement & Integration Program and career mentoring. successbc.ca.*
- **YWCA:** *This community organization offers a range of services for immigrants, including newcomer training, settlement services, fitness, social programs and more. gv.ymca.ca.*
- **The Pacific Community Resources Society (PRCS):** *Offers a range of services including education, employment, youth services and more at five centres across the Lower Mainland. pcrs.ca.*
- **Neighbourhood houses across Metro Vancouver:** *These community hubs welcome everyone with fun community events, programs, workshops and other support for newcomers.*

Celebrating Community Since 1975
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ISSofBC

Helping immigrants build a future in Canada

ISSofBC is a not-for-profit, organization that has been serving the needs of immigrants and refugees since 1972.

- Settlement counseling
- Language training
- Employment services
- Community connections

issbc.org 604-684-2561

YOUR FIRST STOP TO CONNECT IN VANCOUVER

Andrei arrived in Vancouver in an urgent situation. He needed to find a job within three months or he couldn't continue to support his family.

In his home country, he had worked as an accountant, but he needed help connecting with the right resources to find a job in Vancouver, so Andrei contacted MOSAIC.

With one-on-one help from his settlement worker at MOSAIC, he was able to have his credentials evaluated for transfer into the Canadian market, he tailored his resumé to the Canadian job market and found the resources he needed to research jobs in his field.

As a result of his hard work and the resources at MOSAIC, Andrei found a job in his professional field in less than a month. His settlement worker also helped him and his family enrol for medical services, child care benefits, and English language classes as well as assisting to enrol his two children in school.

Through MOSAIC, newcomers like Andrei and his family can find the resources they need to settle and integrate in Vancouver.

CONTRIBUTED

The organization's vision is to empower newcomers to fully participate in Canadian society. Their dedicated staff work with clients, volunteers, community partners and funders to provide a wide variety of programs that address the needs of immigrants and refugees.

"No matter where you're from, how old you are or what language you speak, we can help you find what you need to live, work and become part of the community here," says Dianna Lee, MOSAIC's manager of marketing and communications.

MOSAIC was founded in 1976 to help Vancouver's many non-English-speaking immigrants navigate the challenges they found in the city.

Since then, the organization has grown to more than 350 passionate staff and 400 volunteers at 28 different sites across Metro Vancouver.

MOSAIC offers more than 40 programs that cover every area of life, including settlement, employment, counselling and language learning, with services available in more than 30 languages.

It's also important for newcomers to feel welcome and emotionally supported.

That's why MOSAIC's Settlement Services include one-on-one support and workshops like conversation circles, mother's circles, and youth clubs, and its counselling services provide a variety of free individual and group activities.

"MOSAIC will help newcomers to find the support they need," says Lee.

Overcoming barriers on the fast-track to employment

WorkBC Employment Services Centre helps new immigrants connect with employers, develop job searching skills

Many immigrants arrive in Vancouver with years of education and experience. But what's the next step to reestablishing your career in your new city?

Violet Wei arrived in Vancouver in July 2015 with an impressive background in venture capitalism, yet she found it hard to find a job.

"As a new immigrant, I didn't know Canadian society and culture, I didn't have a network in Canada, and I didn't have local working experience," she says.

Wei rapidly overcame those barriers by visiting a WorkBC Employment Services Centre (ESC). There, she began to meet with a case manager, career consultant, advisors and trainers who helped her take the steps she needed toward her career in financial services.

The ESC put Wei on the fast-track to employment — she enrolled in and passed the industry-standard education she needed, developed job searching skills and connected with employers.

"They educated me on the big picture of the Vancouver job market, what is the hidden job market, how to attend social activities to enlarge my networking," Wei says.

In April 2016, Wei found a job as a financial advisor with Sun Life.

If you're a newcomer to Canada and you're looking for a career, the Employment Program of British Columbia invites you to access free tools, information and assistance at WorkBC ESCs across Metro Vancouver.

Your local WorkBC ESC is the place to find current labour market information, job postings, job fairs and other resources.

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CONTRIBUTED

The free, one-on-one career counselling can be invaluable. Case managers and career counsellors are there to help you identify the career you want, and plan how to get there.

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The Employment Program of British Columbia is funded by the Government of Canada and the Province of British Columbia.

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You'll also get a chance to grow your career to become a team lead, supervisor or beyond, working at YVR, which the CAPA Centre for Aviation recently named the Best Airport in the World.

Requirements

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- *Valid Canadian driver's license*
- *Ability to work flexible hours*
- *Maintain high standards in your work practices*
- *Project a smart, able attitude to customers*

Apply for a position

To learn more about the job requirements and to apply, visit the YVR job fair at the Vancouver International Airport, level 4 domestic arrival room 4101.16 on Friday, April 28 from 11 a.m. to 4 p.m., or send your resumé to jake.kang@swissport.com.

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nr SPORTS

The Sabres cleaned house by firing GM Tim Murray and coach Dan Bylsma after extending their franchise-worst playoff drought to a sixth year

Preds make quick work of Blackhawks

NASHVILLE-CHICAGO

Top seed surprisingly ousted in just four games

Roman Josi scored twice, Pekka Rinne had 30 saves and the Nashville Predators beat the Chicago Blackhawks 4-1 on Thursday night to complete a surprising sweep of the Western Conference's top seed.

Colton Sissons also scored and Viktor Arvidsson added an empty-net goal as Nashville completed the franchise's first playoff sweep. Led by Rinne and a terrific defensive performance by their lines and defensive pairings, the Predators limited the high-scoring Blackhawks to just three goals in 13 periods.

Nashville will face the winner of the St. Louis-Minnesota series in the second round. The Blues have a 3-1 lead heading into Game 5 on Saturday in Minnesota.

Chicago became the first No. 1 seed to lose in the opening round since the Los Angeles Kings knocked off the Vancouver Canucks on their way to the Stanley Cup title in 2012. Chicago's second straight first-round exit followed a regular season in which the Blackhawks went 50-23-9 and recorded 109 points, the second-highest total in franchise history.

It was the first time a No. 1 seed was swept in the first round since the NHL adopted its current playoff format in 1994. The Blackhawks had the best record in the Campbell Conference and were the Norris Division's No. 1 seed in 1993 when they got swept by St. Louis in the opening round. That also was the last time the Blackhawks had been swept in a playoff series before Nashville's dominant performance.

Chicago goalie Corey Crawford was exceptional for the first 29-1/2 minutes, but he didn't get much help in the final part of the game. He finished with 22 stops.

In an attempt to create a spark, the Blackhawks shuffled their lines and star forward Patrick Kane played a team-high 23:43. They dressed seven defencemen and nothing worked.

Chicago avoided the shutout when captain Jonathan Toews scored to make it 3-1 at 14:42 of the third for his first post-season goal since Game 4 of the 2015 Stanley Cup Final. Toews had been held without a goal for 12 straight post-season games.

THE ASSOCIATED PRESS

Predators goalie Pekka Rinne makes a save on Blackhawks winger Artem Anisimov in Nashville on Thursday night. FREDERICK BREEDON/GETTY IMAGES

GAME 4 In Nashville

4	1

MONTREAL-NEW YORK

Habs on brink after Zibanejad's OT goal

It often comes down to bounces in a close NHL playoff series and Mika Zibanejad got a big one.

The New York Rangers forward was in the right spot when Chris Kreider's shot went off Alexei Emelin's stick and went to him for a shot into an open side at 14:22 of overtime on Thursday night.

The goal lifted the Rangers to a 3-2 victory over the Montreal Canadiens with a chance to close out the best-of-seven Eastern Conference quarter-final on Saturday night in New York.

"Kreider came in and tried to shoot," said Zibanejad. "I just tried to get to the net and it took a fortunate bounce for us.

"I just tried to whack it to the net and then I kind of blacked out. I can't remember much after that."

GAME 5 In Montreal

3	2
RANGERS	CANADIENS

After that he was mobbed by his teammates for putting the finishing touch on a comeback win that saw the Rangers fall behind 2-1 in the first period but tie the game late in the second on a goal from defenceman Brady Skjei.

Fourth liner Jesper Fast got his second of the series for New York, while Artturi Lehkonen scored and set up a goal by Brendan Gallagher for the Canadiens, who had a 33-26 shot advantage in regulation time but saw New York outshoot them 10-3 in overtime. THE CANADIAN PRESS

PITTSBURGH-COLUMBUS

Fleury, Pens show Jackets the door

Sidney Crosby and Scott Wilson scored 51 seconds apart in the third period, helping the Pittsburgh Penguins eliminate the Columbus Blue Jackets with a 5-2 win in Game 5 of their first-round series on Thursday night.

Bryan Rust scored twice for Pittsburgh, Phil Kessel added his second of the playoffs and Marc-Andre Fleury finished with 49 saves. The defending Stanley Cup champions will face the winner of the Toronto-Washington series in the conference semifinals starting next week.

GAME 5 In Pittsburgh

5	2
PENGUINS	JACKETS

William Karlsson and Boone Jenner scored for the Blue Jackets, but Sergei Bobrovsky stopped just 27 of 32 shots to finish a forgettable series.

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Raps victims of massacre in Milwaukee

NBA PLAYOFFS

Bucks cruise to series lead as Toronto is own worst enemy

Game 3 will go down as the massacre in Milwaukee.

Kris Middleton scored 20 points, while Giannis Antetokounmpo added 19 points to power the Bucks to a 104-77 rout of Toronto on Thursday that saw the Raptors dig themselves a first-half hole the size of Wisconsin.

The Bucks, who are making their first post-season appearance in two years, take a 2-1 lead in the best-of-seven opening round series into Saturday's Game 4 in Milwaukee.

Kyle Lowry scored 13 points to top Toronto, while DeMar DeRozan managed just eight points — on 0-for-8 shooting — before the three-time all-stars took a seat for good midway through the fourth quarter.

Delon Wright had 13 points off the bench, while Jonas Valanciunas had 11 points and seven rebounds.

GAME 3 in Milwaukee

104	77

Moments before tipoff, Raptors coach Dwane Casey had talked about the "hostile environment."

"We've been here before in a hostile environment," Casey said. "You've got to make sure you come here and play to your identity. You can't get rattled and get caught up in the crowd or caught up in the game and do something you normally don't do. Play within yourself. Meet their intensity."

The Raptors, who were introduced to the theme song from "Barney," did the exact opposite.

They looked completely out of sorts, unable to make a shot or a pass — DeRozan uncharacteristically fired a pass to nobody that was caught by a fan.

The Raptors, who are notoriously slow starters anyways, managed just 12 points in the opening quarter, the second lowest in franchise playoff history.

The massacre stretched into the second, and when Khris Middleton scored on a free throw late in the first half it put the Bucks up by a whopping 32 points. Wright drained a three-pointer two seconds before the break, and the Raptors trudged into the halftime break down 57-30. .

Following Saturday, the series shifts back to Toronto for Game 5 on Monday. THE ASSOCIATED PRESS

Raptors' Jonas Valanciunas tries to drive past Bucks' Malcolm Brogdon, left, and Thon Maker. MORRY GASH/THE ASSOCIATED PRESS

NBA PLAYOFFS

Cavs' Smith inspired by his baby's struggle

Life has given J.R. Smith perspective during a personally trying season. The pursuit of a championship doesn't compare to the path he's travelled.

For the first time on Wednesday, Smith, the Cavaliers' mostly misunderstood shooting guard, whose tattoos and hard-edged look mask his softer side, spoke in detail about the premature birth of his daughter, Dakota, in January. She's been fighting from the moment his wife, Jewel, gave birth five months early.

"She was no bigger than this (microphone)," he said, recalling the first time he held his tiny daughter. When she was born, Smith — who scored 13 points in Cleveland's victory over Indiana on Thursday — was sidelined with a broken right thumb that required surgery and kept him off the court for three months. Looking back, the injury may have been a blessing for Smith because it allowed him to be where he was most needed with a clear conscience.

J.R. Smith GETTY IMAGES

Smith said Dakota had her breathing tube removed last month and now weighs 4.7 pounds. Last week, Smith got to feed her with a bottle. THE ASSOCIATED PRESS

IN BRIEF

Argos trade picks to Als for veteran receiver S.J. Green

S.J. Green's road to recovery now goes through Toronto.

The Argos acquired the receiver from the Montreal Alouettes on Thursday for a 2017 sixth-round pick and conditional 2018 selection. The six-foot-three, 216-pounder registered 444 catches for 6,626 yards and 42 TDs over 10 seasons with the Als but missed most of last year after suffering a serious knee injury in a 28-13 loss to Ottawa on June 30. THE ASSOCIATED PRESS

Ibra injured in United win

Zlatan Ibrahimovic joined Manchester United's lengthening injury list on Thursday, with manager Jose Mourinho saying his outlook is "negative" about the striker.

Ibrahimovic limped off in the Europa League win over Anderlecht after hyperextending his right knee on landing. "My feeling is not good." Mourinho said. THE ASSOCIATED PRESS

Former VCU basketballer Alie-Cox to take NFL shot

Former VCU basketball player Mo Alie-Cox is getting a shot at the NFL with the Indianapolis Colts.

His agent said the 6-foot-7,250-pound Alie-Cox has agreed to terms with the Colts. "He's heading to Indianapolis" Friday, Joe Flanagan said. Alie-Cox will try to earn a tight-end spot on the team. THE ASSOCIATED PRESS

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MAKE IT TONIGHT

Hearty Tuna and White Bean Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

On a day you want to eat light, this fresh salad topped with creamy beans and hearty tuna is the ticket.

Ready in 30 minutes
Prep time: 5 minutes
Cook time: 25 minutes
Serves: 4

Ingredients
- 1 x 5 oz can of tuna
- 1 x 15 oz can of cannellini beans
- 1/4 cup red onion, diced fine
- 4 or 5 radishes, thinly sliced
- 8 or so cherry tomatoes, cut in half
- 1 bunch of arugula, washed, dried and trimmed
- 2 handfuls of fresh basil, washed, dried and trimmed
- 3 Tbsp lemon juice
- 2 Tbsp olive oil
- salt and pepper to taste

Directions

1. In a large-ish bowl, mix together the tuna, beans and onions.

2. In a small bowl, whisk together the lemon juice and olive oil, pour it over your tuna and give a good mix. You don't want to lose all the texture of the tuna, so don't over do it. Taste it and see if you'd like some salt and pepper. Cover with cling film and chill for up to an hour. You can skip this step but it will enhance the flavour.

3. Now it's just an assembly job. You've got four plates. Lay out a handful of greens on each plate, a scoop of tuna deliciousness and then scatter tomatoes and radishes on top.

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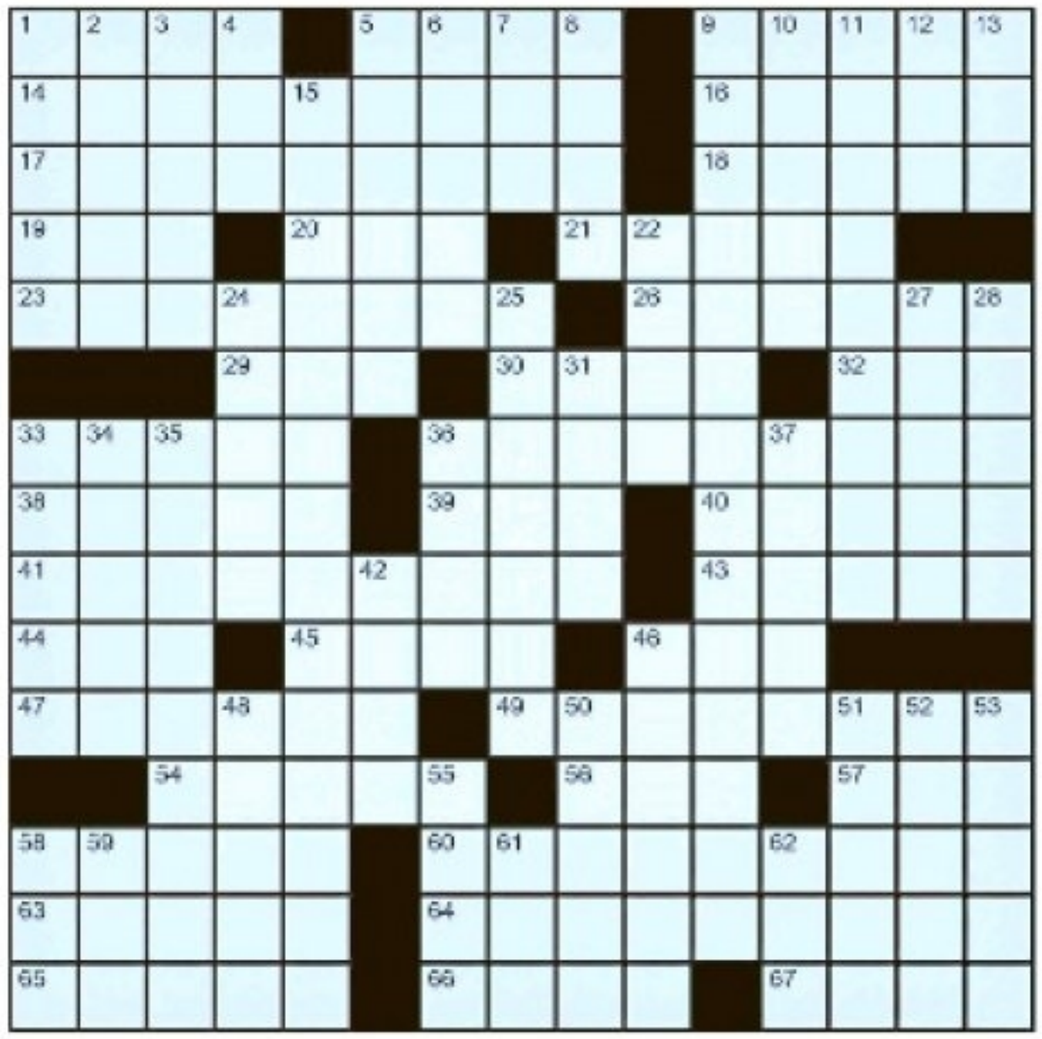
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Nile wader
5. Elvis hit bit: "Well, that's all right now, _..."
9. Orchestra woodwinds
14. Therapeutic
16. 'Seven'-meaning prefix
17. Irregularities
18. Seize forcibly
19. "Ally McBeal" star Mr. Bellows
20. Refusals
21. "__ Majesty's Secret Service" (1969)
23. Catches
26. Floor covering of Japan
29. "The __ Couple"
30. Abbr. aid
32. Hosiery hue
33. Disney deer
36. World-wide-icize
38. Winglet
39. Campaign
40. WKRP's Dr. Johnny who?
41. It's of no importance
43. Spew
44. Moreover
45. Hold a handbag
46. Irish actor Stephen
47. Result to the results: 2 wds.
49. BC's provincial bird, __ Jay
54. Pre-Ford US President
56. Prefix with 'fauna'
57. __ much (Very little)
58. One-of-some in a theatrical act
60. Extremity
63. Greased
64. CFL pre-game partier
65. Authorization
66. Coastal birds
67. Fork-tailed sea bird

DOWN
1. Picture
2. Country in Africa
3. Matinee stars
4. Scottish actor Alastair
5. Term for addressing an English nobleman
6. Flavouring in Greek aperitif Ouzo
7. Ms. West
8. Too
9. Crowbar's classic rock tune: 4 wds.
10. Parisian topper
11. Secret agent
12. Ands, in Montreal
13. Idled
15. Jean top worn simultaneously with a pair of jeans, affectionately: 2 wds.
22. Crash-investigating agcy.
24. Aristocratic
25. Hails the leaders
27. Labyrinths
28. Stagnant
31. TV brand
33. Insipid
34. Separate
35. In a rather humdrum manner
36. Backbone
37. Within the law
42. Ed Sullivan's puppet pal, __ Gigio
46. Parties
48. Has supper
50. Hole-entering golf shot done with ease: 2 wds.
51. Matrikin
52. "Understood."
53. Shock jock Howard
55. Mr. Berkus of TV renos
58. ABBA song
59. The Company org.
61. Up to __
62. Info, briefly

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Don't be down in the dumps if you feel cut off from others or lonely today. Many people feel this way. It's a quick, passing thing. Relax.

Taurus April 21 - May 21
Someone older or more experienced might criticize you today, especially in a group or class. Bummer. Don't take it personally. People say things without thinking.

Gemini May 22 - June 21
This is a poor day to ask parents or bosses for a favor, approval or permission. There's no doubt that the answer will be "Talk to the hand."

Cancer June 22 - July 23
Travel plans might be difficult today. In fact, someone might squelch your idea for future travel. Discussions about politics or religion might be depressing.

Leo July 24 - Aug. 23
Don't ask for support, especially financial, from others today because it will not be forthcoming. People are tightfisted and withdrawn today. (You get the picture.)

Virgo Aug. 24 - Sept. 23
Your feelings might be hurt today, because relationships with partners and close friends are cool and detached. It's just what's happening. Don't make a big deal about it.

Libra Sept. 24 - Oct. 23
Someone more experienced at work might be on your case today. They might criticize you or your work. Obviously, avoid this situation if you can.

Scorpio Oct. 24 - Nov. 22
Children might feel like they are an increased responsibility today, which is naturally hard on you. Likewise, romance might disappoint. Oh well. It's one of those days.

Sagittarius Nov. 23 - Dec. 21
Plans to entertain at home or redecorate might be stalled because of finances or disapproval from someone. Just pull back a little and choose a better time in the future.

Capricorn Dec. 22 - Jan. 20
You might fall into worry mode today. Remember: "Worry is like a rocking chair. It gives you something to do, but gets you nowhere."

Aquarius Jan. 21 - Feb. 19
You will be careful with spending your money today, because you feel a bit broke. This is why if you're out shopping today, you will buy long-lasting, practical items.

Pisces
Feb. 20 - March 20
You might feel cut off from others today, which makes you feel lonely. Many people feel this way today, so it's not just you. It's just this particular day. Tomorrow is a much better day.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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	6						2	
			8		6			

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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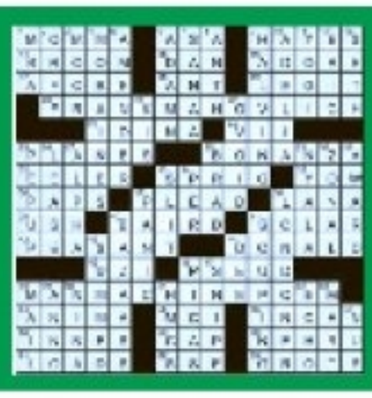

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1	7	2	3	5	8	4	9	6
6	5	8	9	4	1	3	7	2
7	3	9	2	8	4	6	1	5
8	2	5	6	1	7	9	4	3
4	6	1	5	3	9	8	2	7

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